



30 Days to Flat Abs

Courtney Walker

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The Ladies Get Flat Abs '30 Days to Flat Abs Handbook' is a straight to the point, NO BS guide to help YOU get those FLAT, SEXY ABS you've always wanted. The Handbook is a guide to help you set up and implement a HABIT BASED plan to not only FLATTEN YOUR STOMACH and ERASE that stubborn BELLY FAT but also develop sustainable eating and exercise habits that will benefit you far into the future.

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