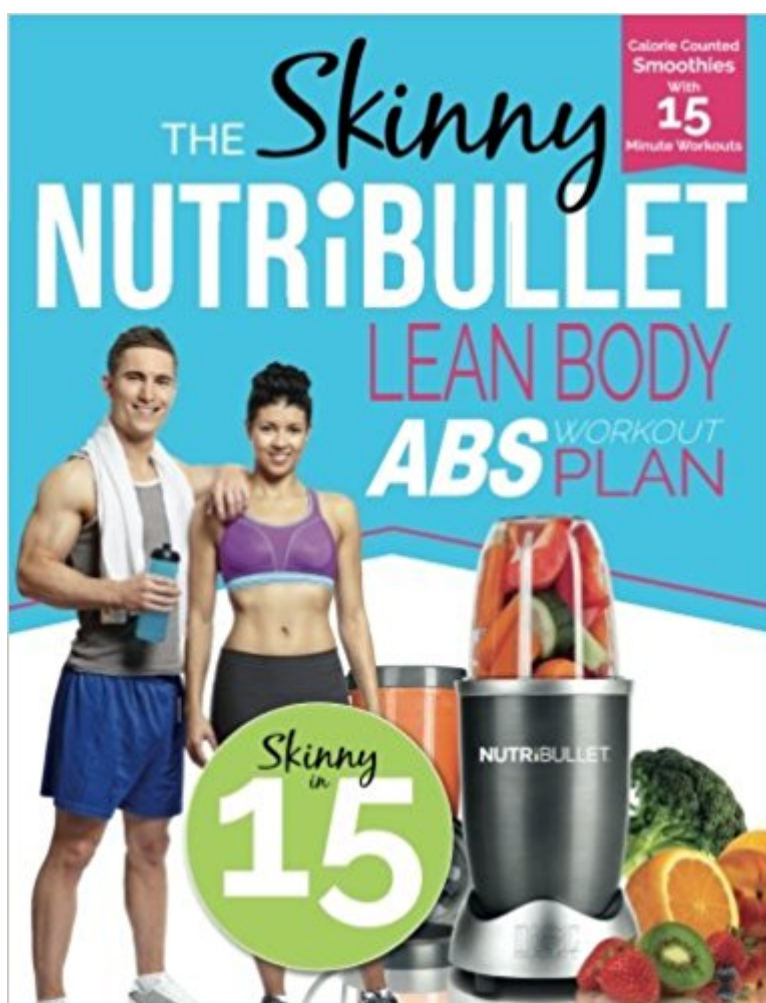


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# The Skinny NUTRiBULLET Lean Body Abs Workout Plan: Calorie Counted Smoothies With 15 Minute Workouts For Great Abs



## Synopsis

The Skinny NUTRiBULLET Lean Body Abs Workout Plan Delicious calorie counted smoothies & juices with core workout plans for great abs Combine the power of the NUTRiBULLET with our delicious, healthy, calorie counted smoothies and Ab workouts. Pick from 60 great low calorie smoothie recipes as part of your balanced daily diet and follow our 4 pre-planned core-crunching sessions each week. Every workout lasts for just 15 minutes. They're easy to follow with simple instructions and diagrams for each exercise to build strong, toned abs with no equipment or expensive gym membership needed! There has never been a better time to build a healthier, leaner, fitter body and great abs. You may also enjoy: The Skinny NUTRiBULLET Lean Body HIIT Plan The Skinny NUTRiBULLET Lean Body Yoga Plan

## Book Information

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