

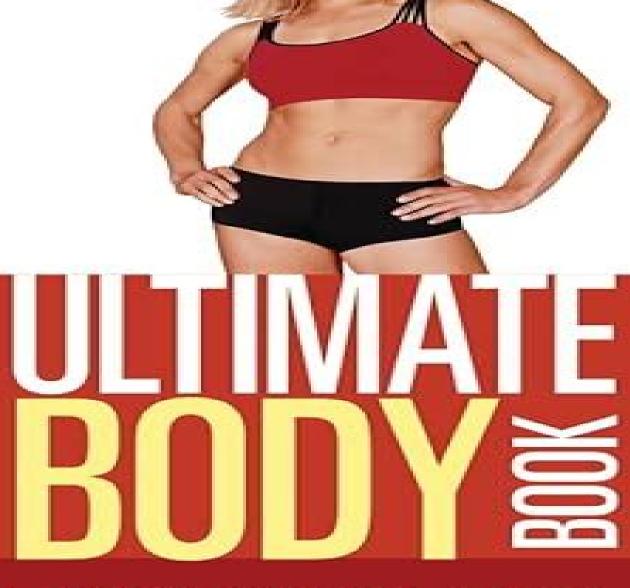






SHELTON fitness director of Shape magazine

with Angela Hynes



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Weeks to Your Best Abs, Butt, Thighs, and More!

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