

# **"Lose Your Stomach Forever"**

## ***The Donnacize Way***



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Illustrations

Over 40 Stomach  
Exercises

In order to Lose  
Your Stomach, you  
**MUST** know these  
three building blocks

**Donna Lynn**

International Instructor, Producer & Host of Morning Exercise  
Program, Owner & Founder of Donnacize Aerobics Inc.

# Lose Your Stomach Forever The Donnacize Way

**DONNA LYNN**



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