

"Lose Your Stomach Forever"

The Donnadize Way



Over 100 Pictures and
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 Donnadize Aerobics Inc.

Lose Your Stomach Forever The Donnacize Way

Léo Pomar



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