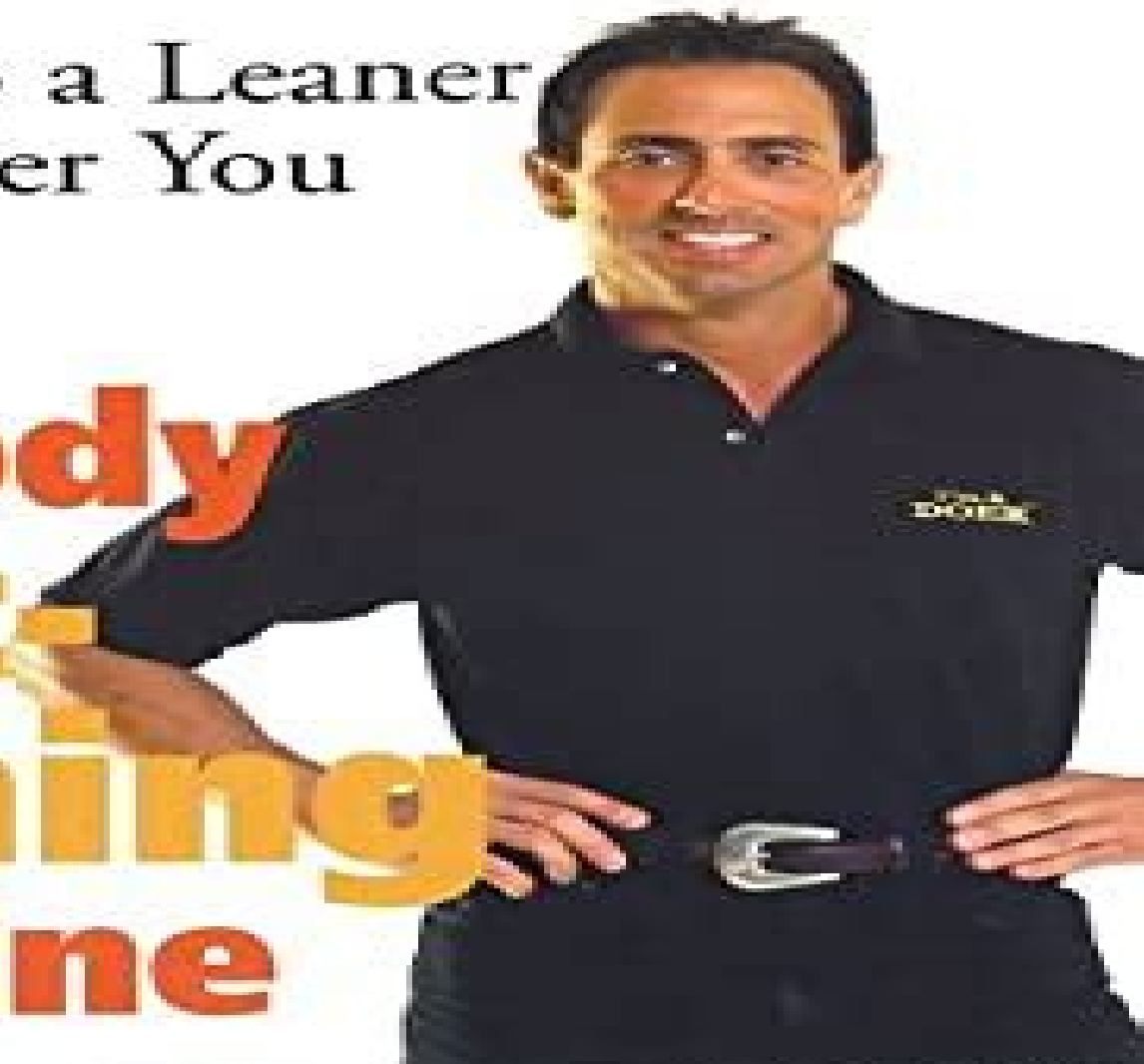


30 Days to a Leaner
and Healthier You

Make
Your Body
a Fat-
Burning
Machine



INVENTOR OF THE AB-DOER, THE WORLD'S # 1 FITNESS MACHINE

JOHN ABDO

Make Your Body A Fat Burning Machine 30 Days To A Leaner And Healthier You

R Sandford



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