

A woman with blonde hair, wearing a black Nike tank top, is shown from the waist up, performing a core exercise. She is leaning forward with her hands clasped behind her head, and her legs are bent at the knees. The background is a blurred gym setting with various pieces of equipment. The image is framed by a thick red border.

48 HOUR FAST

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COACHING**

Say A Fast Goodbye To Fat Forever

Yi-Tong Ma



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