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The 8 Hour Abs Diet

Melissa McAllister

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The 8 Hour Abs Diet

Melissa McAllister

The 8 Hour Abs Diet Melissa McAllister
Melissa is a well known fitness professional and what I like to call “Instagram Famous.” She has a rockin’ body and is one of the nicest, most humble people you’ll ever meet. A very successful leader, coach, entrepreneur, and a star of countless exercise DVDs, she has created a million dollar empire in the health and fitness industry. Now, she’s sharing her secret system for fat loss.

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