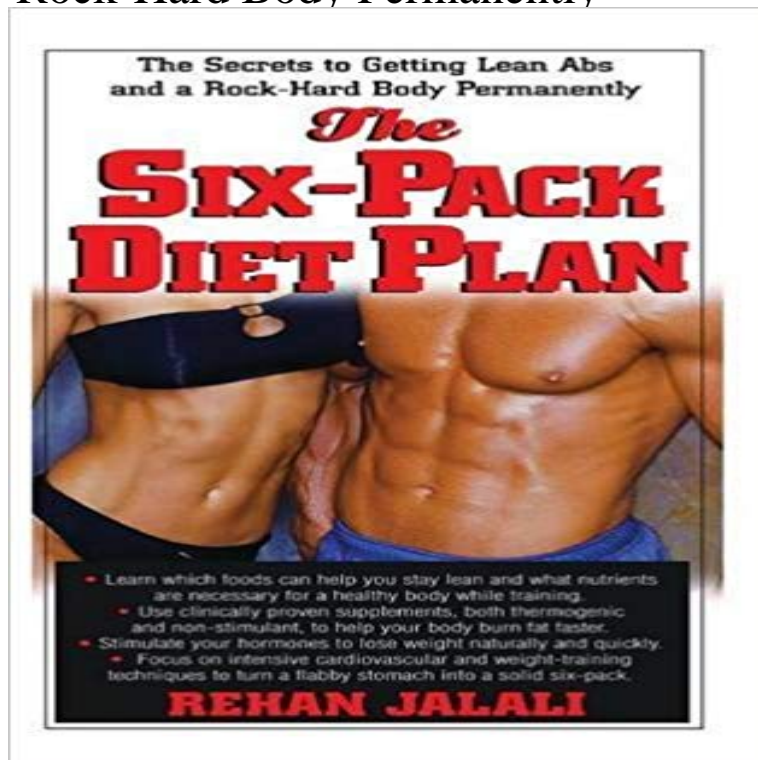


# The Six-Pack Diet Plan: The Secrets to Getting Lean Abs and a Rock-Hard Body Permanently



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