

overweight answers 7 secrets pdf

Hi Belinda! Its I am 55 , and realy struggeling with some belly fat and buttocks .I work out at 4.30 in the morning tull 5 ,the i prepare and work till after nine at night ..most of the time on my feet.Please can you help .I am a big fan of you and has been from the start it is only that I do not have a lot of free time on my hands so whatever exercises I do must be "powerfull" to fit in ...

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