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GREAT BODY

SUPER STOMACH

ENJOY A FLAT STOMACH AND A SLIM WAIST

If you want a flat stomach and a slim waist, **SUPER STOMACH** is for you! **SUPER STOMACH** will help you achieve **noticeable results** in just 30 minutes a day with a series of **advanced, carefully-prepared** exercises and stretches.

The **SUPER STOMACH** workout gives you:

- A complete body warm-up
- A total program of stomach flattening exercises
- Simple stretches to take inches off your waist
- Precise leg and arm positions for faster results
- Correct body positions to avoid neck and back strain
- A relaxing cool-down to leave you feeling great

The **ESQUIRE GREAT BODY SUPER STOMACH** workout is part of the highly successful series developed by Marian Ramaikas, an AFAA Certified Aerobics Instructor and an IDEA Foundation Gold Certified Fitness Instructor.

Enjoy the Great Body look now!

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Cat. #730

Running Time: 30 Minutes

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