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By Victoria Gjonaj-Roddy

Lulu.com, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A 12 week journal to empower women to achieve their health and fitness goals. The I Love Me Skinny schedule is for every woman, mother, and future mothers. The exercises in this schedule are easy to do, with no exertion, and no balancing required. These are basic calisthenics and can be performed at home.



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