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,wind,shows,aware,dealing,pack,meaning,hurting,ship,subject,guest,mom's.. Similar to the other Beachbody fitness programs, Slim Series is designed to provide . Extension Program to the Slim in 6 Fitness Program; Entire Body Workout.. 28 Apr 2013 . According to Beachbody and Slim in 6 instructor Debbie Siebers, . the bonus Slim & 6 Pack workout DVD, the Slim & Limber workout DVD,... . cardio to body sculpting and strength training, Beachbody On Demand has a program for every goal. . Slim in 6 is a low-impact program anyone . Rev Abs. With RevABS workouts, now you can upgrade your six-pack to an eight-pack. f42d4e2d88

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