

Tapout 10 Day Slim Down Guide

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a leg band, and the 10-Day Slim Down Guide which will help you lose even more weight. a fitness guide, and even a Tapout XT workout towel.

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John and Mandi - TapouT XT Diet -

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a 10 day slim down guide, 12 week seemed to focus on working specific muscles each day without overlapping much. TapouT XT likes to make you

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