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By (author) Anne-Marie Millard

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We'd all love to have the body of Brad Pitt or Kiera Knightley, but the only six-pack that most of us own is sitting in the fridge. This work contains workouts for men and women of various fitness levels. It also includes pre and post-natal exercises, with advice on regaining your waistline after pregnancy and improving your pelvic floor muscles.

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