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### **28 DAY JUMPSTART DOWNLOAD FIT GIRL GUIDE PDF**

I designed "The Fit Girl Workout" to target all the common trouble spots. The Exercises and drop rep sequence will see you work your entire body to slim down fast and target lean muscle to get super Toned. There are 3 SETS in total for this workout Each set has a 5 min

### **The Fit Girl Workout - Miss Fitness Life**

Click here for my personal Q&A about The Fit Girls Guide Challenge and eBook! I follow several Health and Fitness pages on Instagram. The past few days I have seen the same picture on multiple Instagram accounts of the Fit Girls Guide eBook.

### **Fit Girls Guide 28 Day Challenge | A Pristine Lifestyle Blog**

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