

19461167 Sixpack Tipps

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## Summary:

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Tipps for a Sixpack by Nina Eckert - ShapeYOU GmbH Nina Eckert: Endlich Sixpack Athletin Nina Eckert verrät Euch ihre Tipps, wie man zu einem Sixpack kommt. Die meisten Menschen denken, dass nur viel Bauchtraining.

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