YOUR ULTIMATE MOTIVATION GUIDE

WALK OFF EVERY BULGE!
Results In 2 Weeks

Plus
• CURB Your Appetite
• STOP Sugar Cravings
• FIGHT Winter Colds

LOVE YOUR BODY AT ANY SIZE

Turn Your Health and Your Confidence Around This Month

ABS
5 EASY WAYS TO A FLAT BELLY

LEGS
UNCOVER LEAN, SEXY MUSCLES

CARDIO
WIN $10,000 WORTH OF GYM STUFF, P.14

SCULPT
9 ALL-NEW BUTT & THIGH MOVES

JANUARY 2007
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