

THE OFFICIAL GUIDE FOR THE Body-for-LIFE CHALLENGE

Mark Unger
After

Alexa Adair
After

CHAMPIONS Body —for— LIFE

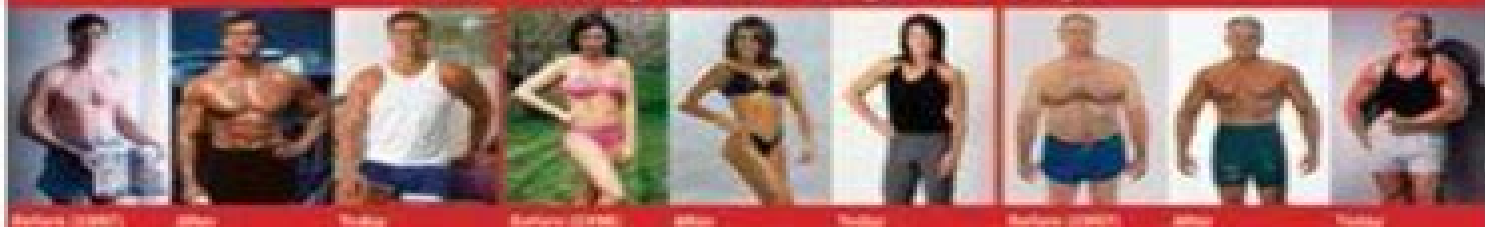
By the Body-for-LIFE
Champions and
Challengers

written by Art Carey

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