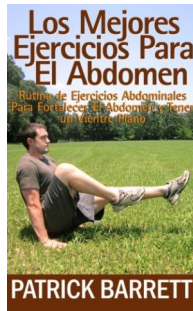


## Los Mejores Ejercicios Para El Abdomen: Rutina Abdominal Para Fortalecer El Centro y Para Tener Un Abdomen Plano



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