

# 15 Minute Abs Workout By Joan Pagano

By Joan Pagano

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Joan Pagano's book and DVD "15 Minute Abs Workout" have been sitting on my book shelf for a few months now, all because I'm a senior citizen who sports a slow start

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DK's new 15-Minute Fitness series gives you all the tools you need to squeeze 15 Minute Total Body Workout by; Strength Training for Women Joan Pagano.

This 15 minute ab workout burns your abs like crazy! Such a great way to tone up. 201 32 15 minute abs & gentle yoga 15 min abs and gentle yoga

Whether 15 minutes every other day really will give me a flat tummy and stronger abs, remains to be seen, but if this book and brilliant DVD don't help then I don't

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