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TOP BODY CHALLENGE, il faut manger sainement ! Assez de protéines pour des muscles solides et un corps ferme, des fibres pour une digestion facile, beaucoup d'eau pour s'hydrater, entre autres. Pourquoi faire des squats si votre corps n'a pas assez de protéines pour muscler votre fessier ? Pensez votre corps comme une

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### **Sonia Tlev Workout Review - Best Booty Workouts**

One review about the Top Body Challenge 1 had a group of ladies recommending a workout called Bikini Body Workouts by Jen Ferruggia. I got everything I wanted with this workout! Not only does it have workout videos and a pdf version of the workouts, it's also got a meal plan, supplement guide and even a grocery list.

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