

I TRIED THE KINOBODY



DIET EVERYDAY FOR A WEEK

Kinobody Diet

Vince Del Monte



Kinobody Diet:

Diet and Bodyweight Training Fundamentals for Men and Women Daisy Edzel, 2018-05-12 Have you ever felt unattractive like your body is not your friend Maybe you know that you look good and that your physical attributes are fine But wouldn't it be better to feel more than fine about your body In short don't you think it is about time for you to get into your best shape and give yourself the chance to feel fit healthy and happy at the same time Well that can happen NOW LEARN ABOUT THE RIGHT WAYS TO STAY IN SHAPE You see there are so many supplements and products in the market that promise to give you your best body in no time But more often than not those promises just turn out to be broken and in the long run you'll just find yourself wishing you did not believe them in the first place This book won't give you any unnecessary promises but rather would help you understand that you have it in you to change the course of your life and your body With the help of this book you'd learn all about weight training what it is how it can turn things around for your body and what kind of systems you can try so you could get into your best shape BUT I AM NOT STRONG ENOUGH I know You may feel like Weight Training is such a strong word but as you come to read this book you will realize that with enough power and commitment it is so possible to follow various weight training systems such as HIIT or High Intensity Interval Training Kinobody Crossfit P90x and others You'll understand what each of these systems mean and by doing so you would be able to choose the system that you feel would work best for you based on your body type the activities you're used to doing and how you think these systems would fit right into your schedule Lots to look forward to But of course getting in shape does not just end with choosing a good weight training system It always has to be a holistic process so you'd know that what you're doing would actually work not just at the present moment but more so in the long run By reading this book you would also learn about The Ketogenic Diet and why it works best with weight training Intermittent Fasting more popularly known as IF How to count calories and measure your own levels of body fats Paleo Atkins and other types of diets you could try and so much more You will then realize that while weight training is not one of those miracle cures that promise to give you a healthy body in just a day or so it is in fact so much better It all starts with YOU It is never too early to start taking care of your body more so doing it the right way Why subject yourself to processes that you're not even sure are healthy and legal If you really want to get in shape and be the best version of you that you can be then it is just the right time to start It is up to you to decide how you'd want to honor your body You see not only will you be able to learn about weight training while reading this book but you'll also understand how food works to make this all possible By learning so you would no longer be doing things that would impact your body negatively and you can finally start treating your body as your friend Read this book now achieve your fitness goals and take care of your health all at the same time **DOWNLOAD THIS BOOK TODAY** **Living Large** Vince Del Monte, 2016-10-18 **SKINNY GUYS** If you've ever wanted to quickly build 30 pounds of rock solid shredded muscle without dangerous bodybuilding drugs expensive supplements and long hours in the gym if you've ever wanted to Live Large start

reading immediately Let's face it You're tired Tired of filling your body with bogus supplements that only give you the most expensive pee in town Tired of busting your ass in the gym six days a week only to find you're the same size you were last month and the other guys are twice as big Tired of all the conflicting and mind numbingly complex advice floating around in cyberspace Before professional fitness model Vince Del Monte became The Skinny Guy Savior he was known as Skinny Vinny scrawny and weak As a hardgainer he experienced firsthand the challenges of bulking up and had a difficult time putting on muscle But with his success in developing an enviably ripped physique and helping many others do the same with his No Nonsense Muscle Building and Maximize Your Muscle programs Del Monte has proved even hardgainers can build an awe inspiring body You too can have the body of your dreams when you stop listening to false advice and learn the truth about gaining weight and building lean muscle mass the smarter way In Living Large Del Monte shares his foolproof no nonsense plan for insane muscle gain His revolutionary program primes your body and mind to pack on your first 30 pounds of muscle in only 30 weeks with minimal gym time He even includes customized easy to follow meal plans to optimally fuel your specific body type whether you're ultra skinny or starting off a little chubby In Living Large you'll find 5 essential training principles to gain your first 30 pounds of pure muscle 5 muscle building enemies you must avoid Mass and shred meal plans at every calorie level 14 simple no nonsense nutrition principles The ultimate exercise execution demonstration guide 4 supplements that actually work Don't waste hundreds of hours and thousands of dollars with no results Stop limiting yourself and start Living Large

The Warrior Diet Ori Hofmekler, 2007-12-04 Reshape your body and mind by eating light during the day and filling up at night the core tenet of this revolutionary nutrition program based on survival science Join Ori Hofmekler as he turns to history for a solution to obesity and its attendant ailments back to the primal habits of early cultures like nomads hunter gatherers the Greeks and the Romans Drawing on both survival science and historical data Hofmekler argues that robust health and a lean strong body can best be achieved by mimicking the classical warrior mode of cycling working and eating sparingly undereating during the day and filling up at night A radical yet surprisingly simple lifestyle overhaul the Warrior Diet Nutritional Program and the Controlling Fatigue Training Program can literally reshape your body Inside you'll learn how to Find ideal fuel foods and food combinations to reduce body fat Gain strength speed and resilience to fatigue through special drills Prepare warrior meals and recipes Increase sex drive potency and animal magnetism Personalize the diet for your needs Featuring forewords by Fit for Life author Harvey Diamond and Fat That Kills author Dr Udo Erasmus The Warrior Diet shows readers weary of fad diets how to attain enduring vigor explosive strength a better appearance and increased vitality and health

Shangri-La Diet Bruce Akerberg, 2019-07-20 A Concise and No Fluff Review Analysis and Overview of the Shangri La Diet Get this Kindle Book for just 9.99 Regularly priced at 19.99 Read on your PC Mac smart phone tablet or Kindle device There are many diet methods today that you can try in order to lose weight and become healthy Each diet emphasizes on taking more of a certain nutrient while taking less of another Some diets stress on the proper times

of the day when you should eat while others give priority on a certain food or foods which you should always prioritize on each meal of the day The Shangri La diet is no different from other diets when it comes to prioritizing weight loss and health of the individual man The founder of this diet even wrote a book on how the diet should be done to further guide people on the right track to weight loss His book together with this ebook is a good combination for you to get the full picture of Dr Roberts diet plan This book will discuss the experiences of the founder as well as a personal experience of an individual trying the diet Certain chapters will also be focusing on foods that should be taken and beginners guides in following this diet plan Pros and Cons of this diet will also be discussed as well as comparisons between the Shangri La diet and other weight loss plans Remember that any weight loss diet is effective if you commit to it If you do not pay attention to your health while dieting not only will be the diet become ineffective it will also be risky to your health Good luck with your dieting and always be positive Please note that this book is meant to be at most a supplement to the original diet plan It is a commentary and review of the diet and is not a direct substitute of the work Table of Contents Introduction The Promise and the Benefits History of the Shangri La Diet How does Shangri La Diet Work Shangri La Diet for Beginners Roberts Final Draft Pros and Cons and General Acceptance A Review Shangri La Diet Conclusion Download your copy today *Two Meals a Day* Mark Sisson,Brad Kearns,2021-03-09 The New York Times bestselling author of The Primal Blueprint and The Keto Reset Diet Mark Sisson turns his health and fitness expertise to the latest diet trend which he has coined intermittent eating Are you sick and tired of struggling through regimented diets that work for a minute and then become unsustainable Are you confused about the changing fads and ongoing controversy over what s healthy and what s not It s time to embrace a simple scientifically validated plan that transcends gimmicks and avoids the stress of regimented macros and mealtimes Health and fitness expert Mark Sisson presents a comprehensive lifestyle approach based on the principles of intermittent fasting He ll teach you how to gracefully burn body fat while keeping your energy focus and positive attitude In TWO MEALS A DAY you ll implement an eating style that s incredibly nourishing and easy to adhere to for a lifetime dial in a winning fitness routine prioritize recovery and learn powerful strategies for overcoming self limiting beliefs and behaviors When you re ready to level up you ll implement some cutting edge techniques to achieve stunning body composition breakthroughs Packed with forty two delicious meals in a variety of categories TWO MEALS A DAY has everything you need to hit the ground running and pursue enjoyable and lasting lifestyle transformation *The Body Reset Diet* Harley Pasternak,2013-03-12 Outlines a program for weight loss explaining how to start with low calorie metabolism boosting blended foods while gradually reintroducing healthy combinations of foods and simple exercises **Step By Step Guide To The Endomorph Diet** Dr. W. Ness, Endomorphs are individuals with body types that typically carry more belly fat and usually find it harder to lose weight than most Genetically their bodies have bigger frames less muscle mass are softer and more rounded accumulate extra fat quickly and have problems losing additional body fat If any of the above features describe you then our guide Step By Step

Guide To The Endomorph Diet The Beginners Guide To Diet And Exercise For Fat Loss Is for you as it can help you overcome the challenge of weight loss Endomorph diets are completely different to other types of weight loss plan due to an endomorphs sensitivity to sugar carbohydrates and their bodies uncanny ability to store excess fat even in the smallest amounts Our guide Step By Step Guide To The Endomorph Diet The Beginners Guide To Diet And Exercise For Fat Loss Will help you learn the scientifically proven techniques to lose excess body fat and more importantly keep it off permanently As you read through our guide you will learn The nutritional and dietary needs for endomorphs Exercise routines and methods to burn fat What natural vitamins minerals and supplements can help you lose fat The important lifestyle habits you can use to increase fat loss By using the advice information and science contained in our guide you can and will shed excess body fat and keep it off easily quickly and permanently

The Bulletproof Diet Dave Asprey, 2018-04-10 In his mid twenties Dave Asprey was a successful Silicon Valley multimillionaire He also weighed 300 pounds despite the fact that he was doing what doctors recommended eating 1 800 calories a day and working out 90 minutes a day six times a week When his excess fat started causing brain fog and food cravings sapped his energy and willpower Asprey turned to the same hacking techniques that made his fortune to hack his own biology investing more than 300 000 and 15 years to uncover what was hindering his energy performance appearance and happiness From private brain EEG facilities to remote monasteries in Tibet through radioactive brain scans blood chemistry work nervous system testing and more he explored traditional and alternative technologies to reach his physical and mental prime The result The Bulletproof Diet an anti inflammatory program for hunger free rapid weight loss and peak performance The Bulletproof Diet will challenge and change the way you think about weight loss and wellness You will skip breakfast stop counting calories eat high levels of healthy saturated fat work out and sleep less and add smart supplements In doing so you ll gain energy build lean muscle and watch the pounds melt off By ditching traditional diet thinking Asprey went from being overweight and sick in his twenties to maintaining a 100 pound weight loss increasing his IQ and feeling better than ever in his forties The Bulletproof Diet is your blueprint to a better life

The HD Diet Keren Gilbert, 2014-12-23 HD is in high demand these days It s only natural to want everything in sharp focus But what about health in HD The HD Diet shows readers how to choose the right foods to ensure a high definition life This 12 week plan provides guidelines on incorporating hydrophilic water loving foods like oats beans artichokes spinach and apples along with nutrient dense hydro boosters like chia seeds into a well balanced diet When digested these foods diminish cravings maintain digestive health and encourage weight loss Keren Gilbert also encourages readers to phase out IF foods infrequent foods such as white bread processed foods and refined sugar Readers will find delicious recipes like Cinnamon Chia Oatmeal Scallop Stir Fry Shirataki and Pumpkin Yogurt Parfait The HD Diet focuses on a mind body approach to weight loss that is both pleasurable and sustainable With motivational stories from clients some have lost up to 30 pounds in 12 weeks detailed shopping lists daily menu templates and a strong emphasis on making healthy decisions for life The HD Diet ensures that

every reader will live life in high definition *Zero Belly Diet* David Zinczenko, 2014-12-30 NEW YORK TIMES BESTSELLER

Zero Belly Diet is the revolutionary new plan to turn off your fat genes and help keep you lean for life Nutrition expert David Zinczenko the New York Times bestselling author of the Abs Diet series Eat This Not That series and Eat It to Beat It has spent his entire career learning about belly fat where it comes from and what it does to us And what he knows is this There is no greater threat to you and your family to your health your happiness even your financial future Yes you can Change your destiny Overcome your fat genes Strip away belly fat and finally attain the lean strong healthy body you ve always wanted With Zero Belly Diet David Zinczenko reveals explosive new research that explains the mystery of why some of us stay thin and why some can t lose weight no matter how hard we try He explains how some foods turn our fat genes on causing seemingly irreversible weight gain and uncovers the nine essential power foods that act directly on those switches turning them to off and allowing for easy rapid and sustainable weight loss And he shows how these foods help heal your digestive system keeping those gene switches turned off and setting you up for a lifetime of leanness Other diets can help you lose weight but only the Zero Belly diet attacks fat on a genetic level placing a bull s eye on the fat cells that matter most visceral fat the type of fat ensconced in your belly These fat cells act like an invading army increasing inflammation and putting you at risk for diabetes Alzheimer s arthritis heart disease and cancer Visceral fat can also can alter your hormone levels erode muscle tissue increase your chances of depression and destroy your sex drive But you can turn the odds in your favor Zero Belly Diet shows you how to deactivate your fat genes rev up your metabolism banish bloat and balance your digestive health allowing you to easily build lean strong stomach muscle and strip away unwanted belly fat without sacrificing calories or spending hours at the gym The result weight loss that is easier faster more lasting and more delicious than you d ever imagine You ll be stunned and inspired by the results of an amazing 500 person test panel men and women who lost weight quickly and with ease following the Zero Belly diet In just the first 14 days Bob McMicken 51 lost 16 3 pounds Kyle Cambridge 28 lost 15 pounds Martha Chesler 54 lost 11 pounds Matt Brunner 43 lost 14 pounds Zero Belly Diet features a week by week menu plan fifty tasty recipes and a handy shopping list that leads to a minimum of cooking and plenty of feasting Best of all Zero Belly Diet offers something more freedom Freedom from bloating freedom from food deprivation freedom from weight loss fads freedom from stress So say goodbye to your paunch and hello to a happier healthier you

The Vertical Diet Stan Efferding, Damon McCune, 2021-08-10 With so many diets and programs to choose from finding the right nutritional path can be challenging Many modern diets are rooted in misrepresented science rely heavily on supplements or are just simply not sustainable in the long term World s Strongest IFBB Pro Bodybuilder Stan Efferding and Dr Damon McCune have partnered to bring you a program that sets the confusion aside and puts you on the path to weight loss better performance and overall better health today The Vertical Diet provides practical nutrition and lifestyle solutions that are simple sensible and sustainable Stan and Damon provide a specific plan and comprehensive tools that will help you

develop a greater understanding of which foods are nutrient dense and digested easily and efficiently for maximal health benefits With example menus and easy to follow recipes The Vertical Diet takes all the guesswork out of what to eat and when You will also learn how to build a daily checklist of healthy behaviors to follow to support your long term success on the program The Vertical Diet is complete with A selective not restrictive dietary plan that s rich in easy to digest carbs and proteins Recommendations for lifestyle changes that address everything from ways to boost metabolism to better sleep hygiene Personal testimonials from Vertical Diet clients data from scientific sources references to experts in the field and actionable tools such as calorie calculators shopping lists and recipes to help explain these concepts Stan and Damon s Compliance Is the Science method to help you establish the motivation and mindset for lifelong success What you learn in these pages will allow you to make informed decisions about your diet and will enable you to approach the dieting process from a total body perspective Whether you are a performance athlete a weekend warrior or simply looking to take a step toward better health look no further than The Vertical Diet

Dr. Kellyann's Bone Broth Diet Kellyann Petrucci, MS, ND, 2021-12-14 NEW YORK TIMES BESTSELLER Lose weight safely and easily while spending less time in the kitchen with Dr Kellyann s iconic bone broth diet plan now revised and updated with new chapters and more recipes Empowering user friendly information supported by the most forward thinking scientific research available David Perlmutter MD 1 New York Times bestselling author of Grain Brain As a naturopathic physician and weight loss specialist Dr Kellyann Petrucci has helped thousands of patients achieve spectacular weight loss and more youthful looking skin through her bone broth diet Packed with fat burning nutrients skin tightening collagen components and gut healing and anti inflammatory properties bone broth is the key to looking and feeling younger than ever before In just twenty one days you too can unlock these miraculous results with Dr Kellyann s delicious bone broth recipes and groundbreaking mini fasting plan In this updated edition Dr Kellyann shares new 80 20 recipes for added post diet flexibility maintaining the diet template for 80% of your meals while allowing non diet foods for the other 20% Along with new research on the benefits of a low carb diet and fasting she also shares her best tips for looking beautiful from the inside out and lifestyle advice for staying healthy and vibrant long after you have finished the diet You ll learn the science of why bone broth works and how to lose weight safely and easily cravings and hunger pains not included The simple and tasty recipes for beef turkey chicken and fish bone broths are loaded with flavor and nutrients Unlike other diet plans that involve serious preparation and cooking the bone broth diet allows you to spend less time in the kitchen and more time enjoying your newfound vibrancy With easy fitness routines and mindful meditation exercises Dr Kellyann s Bone Broth Diet is your key to a healthier happier slimmer and younger life

The Body Reset Diet, Revised Edition Harley Pasternak, 2021-01-05 Get healthy in just 15 days with this diet plan from the celebrity trainer and New York Times bestselling author featured on Khlo Kardashian s Revenge Body now revised with the latest nutrition science and updated recipes Harley Pasternak has worked with most of Hollywood whipping celebs into shape for

roles and the red carpet and also appearing as a celebrity trainer on *Revenge Body* with Khlo Kardashian. With *The Body Reset Diet* he introduced his ultimate reset plan to the world and rebooted readers' systems to set them on the path to thinner, healthier, happier lives. Now he's updating this beloved plan with a new introduction, the latest findings in nutritional science, and new recipes. This three-phase program focuses on the easiest, most effective way to slim down, blending the five-day jumpstart, which includes delicious, expertly crafted smoothies, dips, snacks, and soups, all customizable to any preference or diet restriction. Over the following ten days, readers will reintroduce healthy versions of their favorite foods along with the blended recipes, keeping their metabolisms humming. The plan also explains how the easiest form of exercise, walking along with light resistance training, is all it takes to achieve the celebrity-worthy physique that every reader craves. Whether readers are looking to lose significant weight or just those last five pounds, *The Body Reset Diet* offers a proven program to hit the reset button, slim down, and get healthy in just fifteen days and stay that way for good.

[LeBootCamp Diet](#) Valerie Orsoni, 2015-01-01 Born and raised in Corsica, Valerie Orsoni was overweight as a young adult. Along with her father, a chef who also suffered from weight issues, she developed a programme of healthy living and eating, where food itself, in the form of delicious, balanced recipes and detailed menu plans, played a central role in reducing body fat. *LeBootcamp.com* was a runaway global success, and her book *La Methode* Orsoni became a bestseller in France. With a highly motivational coaching style, *LeBootCamp Diet* speaks to women and men who are short on time, disillusioned by toxic mono-diets, and unwilling to sign up to a life of tasteless meals and forbidden foods. Through three distinct phases: Detox, Attack, and Maintenance, Valerie shows how to cleanse the body of toxins, attack stubborn body fat and cellulite, speed up the process of weight loss when needed.

[The Schwarzbein Principle, Program](#) Diana Schwarzbein, 2010-01-01 In *The Schwarzbein Principle*, which has sold more than 250,000 copies, Dr. Diana Schwarzbein laid out her revolutionary secret to long-term health and weight control: balance your metabolism to re-energize your immune system. Her optimal health program included steps to: Balance a low-carb, low-fat diet; Reduce stress through calming exercises; Taper off chemical dependency to tobacco, alcohol, and caffeine; Eliminate cardio exercise in favor of resistance training and stretching. Now, for the first time, Dr. Schwarzbein gives readers what they have been asking for: week-by-week steps they can use to implement this system into their lives. The payoff for making the switch: A renewed metabolic system that creates long-term health, vitality, energy, slower aging, and the ideal body. While other diet programs promise little more than a temporary crash weight loss regimen, Dr. Schwarzbein's plan offers something much better: a permanent body change and an end to yo-yo dieting. For any of you who have read any of my books on *Somersizing*, you know what an important role Dr. Schwarzbein plays in my life. She is an awesome doctor. Suzanne Somers, 1 New York Times bestselling author of *The Sexy Years*. Don't count calories. Fix your metabolism instead. *Fortune* Small Business Key Features. Thousands of followers of *The Schwarzbein Principle* have been asking for this book, the perfect complement to her breakthrough program. A perfect model for today that incorporates both the low-carb and low-fat

approaches The anti aging component is a hot button for the baby boomer generation The workbook format offers questions and fill in spaces that make it user friendly

The Zen Diet Revolution Martin Faulks, Philippa Faulks, 2012-01-01 Based on the Japanese principle of Kaizen which means improvement or small permanent change for the better the Zen Diet ensures you will never be on another diet ever again The Zen Diet combines ancient spiritual wisdom with the most cutting edge research into fat loss Includes dietary adjustments supplementation and advice approved by the Institute of Food Research and clinically proven among other things to actually decrease the number of fat cells in your body all without any calorie counting

Volumetrics Diet for Beginners Dr. W. Nuss, 2019-09-24 *Volumetrics Diet for Beginners* The Ultimate Guide for Weight Loss Following the Volumetrics Diet Plan is a comprehensive guide for those individuals wanting to lose excess weight on the volumetrics diet A must read for anyone concerned about what foods they should be eating how they can cook healthy and quick volumetrics diet friendly recipes for breakfast lunch dinner and still lose weight following the volumetrics diet Inside this in depth volumetrics diet guide you will discover What the Volumetrics Diet is How the Volumetrics Diet Works The 4 Main Food Groups on the Volumetrics Diet How to Balance Your Bodies Nutritional Needs A Sample Daily Volumetrics Diet Meal Plan How to Lose Excess Body Fat Steadily Healthily And so Much More Volumetrics Diet for Beginners The Ultimate Guide for Weight Loss Following the Volumetrics Diet Plan really is a must have to help you understand the what why and how of the science behind the volumetrics diet and how it will help you lose excess body weight by following this amazing diet plan that has been scientifically designed for those individuals wanting to lose 1 2 pounds of excess body fat a week

The Ketogenic Diet & Intermittent Fasting Ivan Markovic, 2020-04-12 I have discovered that the only thing that kept me going all these years was the hunger to learn more each day I think that is also the reason why I now live in Austria where I have been learning the most significant lessons in my life so far My name is Ivan Markovic I was born on January 17 1987 in Krusevac Serbia My Athletic ability helped me get into the path of finding my higher self and it has proven to be one of my best features since I usually leverage it on a daily basis My soccer career and education at the University of Salzburg for Sports Science and Kinesiology pushed me even deeper into discovering all aspects of how I can improve myself in order to serve others After ten good years of self development I can now proudly say that I had a tremendous privilege of working with young athletes in different areas They have also helped me to collect the last pieces of a puzzle I needed to solve in my life I have decided to share some of the things that I have learned over the years from school and from working with others I strongly believe that this book will help transform your health positively since I have a first hand experience of the health benefits of the ketogenic diet and intermittent fasting I am convinced that you can enjoy the benefits too I look forward to staying in touch with you guys because I believe this is an excellent way to make the planet a better place Follow me on my journey and feel free to ask me anything I will be honored to keep you informed Get in touch with me on social media if you are willing to get deeper insights into my Fitness Training regimen

Dr. Stillman's 14-day Shape-up Program Irwin Maxwell Stillman, Samm Sinclair Baker, 1974 *The Killerbody Plan* Fajah Lourens, 2017-10-31 Are you ready to get that Killerbody you've always dreamed of? Whether you're looking to lose weight, get lean, or eat healthier, Fajah Lourens' No. 1 bestselling *The Killerbody Plan* will motivate you to reach your goals and achieve a strong, beautiful body you love with lasting results. This accessible 12-week programme includes fuss-free home workouts combining strength and cardio training to build muscle and burn fat fast. The easy-to-follow diet plan is brimming with delicious and satisfying protein-rich food, healthy fats, and nourishing complex carbs to fuel your body transformation. Full of lifestyle tips and tricks to help you stay on track and information tailored to your personal body composition and fitness targets, your journey to becoming healthy and fit for life starts here. So join the My Killerbody revolution and be inspired!

Unveiling the Energy of Verbal Artistry: An Emotional Sojourn through **Kinobody Diet**

In a global inundated with displays and the cacophony of fast interaction, the profound power and psychological resonance of verbal art frequently diminish into obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, nestled within the lyrical pages of **Kinobody Diet**, a interesting work of fictional elegance that impulses with fresh feelings, lies an unique trip waiting to be embarked upon. Published by way of a virtuoso wordsmith, that exciting opus guides viewers on a psychological odyssey, gently revealing the latent potential and profound influence embedded within the delicate web of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is central themes, dissect its interesting writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Kinobody Diet Introduction

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