

Does the Fat Loss 4 Idiots Diet Program Really Work?

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These infomercials usually have a bunch of super-healthy fitness models walking around with perfect abs -- and they tell you that they owe their great looking abs to whatever ab machine" that theyre trying best way to lose weight to sell to you.

These fitness models usually have a smile on their face as they demonstrate the ab machine for you, and they do this so that youll believe that its fun and easy to use their ab lose weight fast machine.

However, what these super-healthy fitness models dont tell you is that they had great looking abs even before they used an ab machine.

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