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**the stubborn fat protocol - get lean in 12 blog** - introducing the stubborn fat protocol your solution to losing all your lower abdomen fat! i'm sure you're no stranger to interval training. and if you've ever consistently used this type of strategy, keep reading because i solve the main problem with trendy intervals (and traditional cardio) below with the stubborn fat protocol (sfp). it's by far the most efficient and effective way ...

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