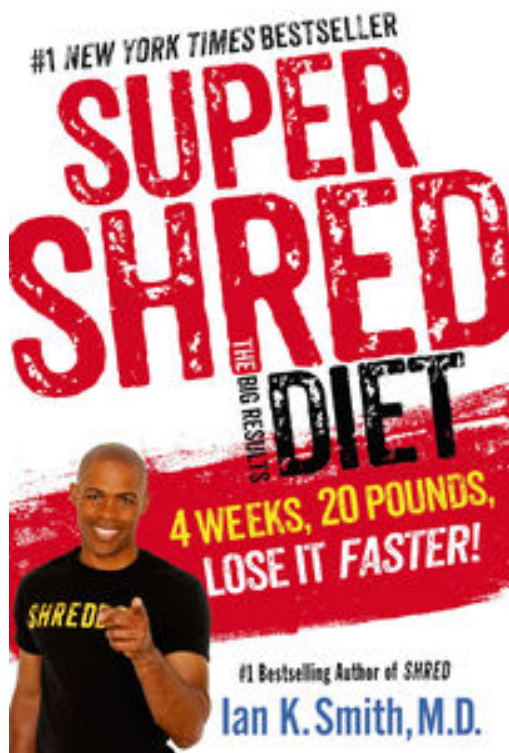


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SUPER SHRED

It's a program with four week-long cycles:

--**Foundation**, when you'll eat four meals and three snacks a day, start shedding pounds and set yourself up for success

--**Accelerate**, when you'll kick it up and speed up weight loss

--**Shape**, the toughest week in the program, and the one that will get your body back by keeping it guessing

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The SHRED system never leaves you hungry. It's a completely new way to lose weight, stay slender, and feel fantastic about your body, mind and spirit!

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