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## Spartan Abs? Not quite

Posted by kenny - 2008/04/29 21:24

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Is it me or I'm I starting to get decent abs?

<http://www.weightloss-hq.biz/images/fbfiles/images/spartabs.jpg>

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## Re:Spartan Abs? Not quite

Posted by charles h. - 2008/04/30 12:47

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Damn bro, thats a big diffrence in just a month! Definitley a motivator.

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## Re:Spartan Abs? Not quite

Posted by Les - 2008/04/30 13:09

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Back to the drawing board.

Looking good going back though

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## Re:Spartan Abs? Not quite

Posted by Steph B - 2008/05/01 10:38

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DAMMMMMNNNNN

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## Re:Spartan Abs? Not quite

Posted by chub\*rock - 2008/05/13 03:19

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WELL DONE! Looking good...

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## Re:Spartan Abs? Not quite

Posted by kenny - 2008/05/13 10:39

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Thanks all - I can't wait until day 190 then 270! I will keep you posted.

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