

ASTUCE 4

BIEN S'HYDRATER

JE BODYBUILDE
MA VESSIE !!



BILAN

-42 KILOS

AYÉÉÉ! j'ai
réussi !!

Le régime est le
seul qui te fait
gagner en perdant!



Plus! Moins! mieux!
ça va moult !!



Karls Secrets Tiffany Cooper

Ian Pickup



Karls Secrets Tiffany Cooper:

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