

# Tapout Xt Slim Down Guide

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nutrition guide, workout guide, and DVD slipcase. Tapout XT includes: 12 MMA resistance bands, training band, Ultimate Abs XT DVD, 10 Day Slim-Down

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10 Day Slim-Down Plan; XT Workout Towel; Workout Calendar; Tapout XT T-Shirt; The TapouT XT Nutrition Guide. The program comes with a 48 page meal plan;

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