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From: 6 Pack Abs
Sent: Tue 9/4/2012 6:00:00 AM
Subject: Get 6 Pack Abs - Diet Workout

Title: Get 6 Pack Abs - Diet Workout
[Watch the 6 Pack Abs or More Diet Workout](#)

Watch the awesome weight loss video viewed by more than 5.5 million people.

It will help you get 6 pack abs in one month with a fast and reliable system.

Feel free to share the video with your friends, family and co-workers.

Enjoy!

You are enrolled to oct08 as jeevacation@gmail.com
Safely [take me off](#) from oct08 at any time.

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