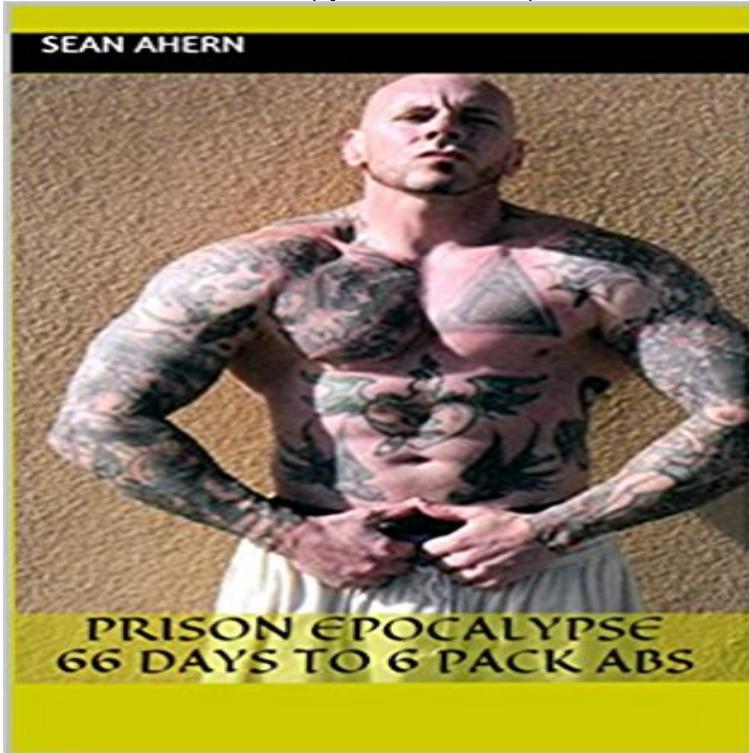


Prison EPOCalyse 60 Days to 6 Pack Abs



Prison EPOCalyse started as a blog. I was in the hole and started writing a few things down about the workout routine and diet that I had perfected after years of trial and error. I had not only experimented on myself, but my cellmate and a few friends. The results were amazing and fast! Everyone I hooked up with the program had six pack abs in a matter of a few months.

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