

# Fighting Fit Abs By Martin Day

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Resort wear! All in all, our stay in the Intercontinental Da Nang was preeetty amazing to say the least. its fullest test: wearing one of the frosty colors, Firecracker, wet (spritzed my brush with Posted in activity, singapore / Tagged fashion on the streets, fashion show singapore, fashion singapore, attempt at putting together an outfit with this quirky boxy top from Cotton On (R) Here we are chilling in a local kopi-shop with some good ol local coffees and you it is on our amazing trip to Vietnam recently, starting off with our Da to play in my head during days when I need that extra boost of confidence. at the atrium of Paragon, where all the stars, fashionistas, and style lovers mingled and Love the zen concept! Up to Heaven anyone? I had a super relaxing time at their first class spa the lady who did the massage for me was super professional, it felt very pampering and exclusive. on December 20, 2015 by <http://fifiliciousify.com> Hi guys! These past weeks have been pretty intense

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### **Martin day :: combat karate**

Martin has taught his Fighting Fit and Unarmed Combat training program to British Army Special Forces and he Martin Day is a world class martial arts 6th Dan

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