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Tracey Mallett is an internationally recognized expert in *Sexy Abs With Pilates: 6-Minute Workout Sculpt Your Body with the 6 Minute Quick Blast Workout*.

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Tracey Mallett She is the author of Sexy in 6: Sculpt Your Body with the 6-Minute Quick Blast Workout, Tracey lives in Los Angeles,

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Bikini Body Workout Fitness expert Tracey Mallett is famous for her Booty Barre program and fitness DVDs that make getting sculpted, and define your body.

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