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# HIIT - HIGH INTENSITY INTERVAL TRAINING: GET STRONG & SEXY IN LESS THAN 15 MINUTES A DAY: INTENSE WORKOUTS-IMPRESSIVE RESULTS



Meyer & Meyer Sport (UK) Ltd. Paperback. Book Condition: new. BRAND NEW, HIIT - High Intensity Interval Training: Get Strong & Sexy in Less Than 15 Minutes a Day: Intense Workouts-Impressive Results, Lucy Wyndham-Read, High-Intensity Interval Training is the best and quickest way to get fit, lose weight, and tone your body! It helps you tailor your fitness regime to exercise the body part you want to improve and to incorporate it into your busy schedule. You can do these...

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- Authored by Lucy Wyndham-Read
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