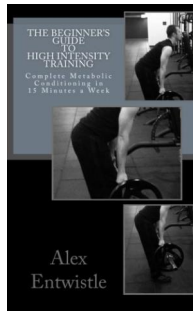


The Beginner s Guide to High Intensity Training: Complete Metabolic Conditioning in 15 Minutes a Week



Book Review

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