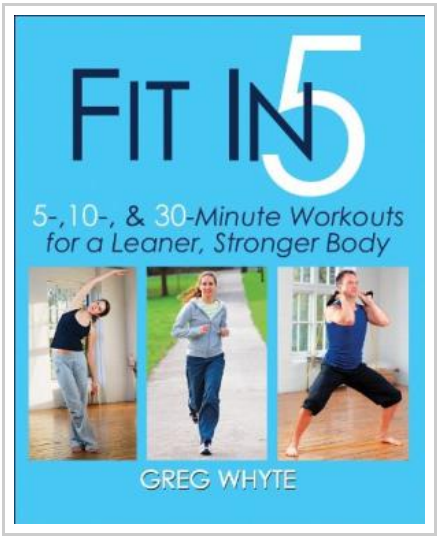


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Fit in 5: 5, 10 and 30 Minute Workouts for a Leaner. Stronger Body

By Greg Whyte

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