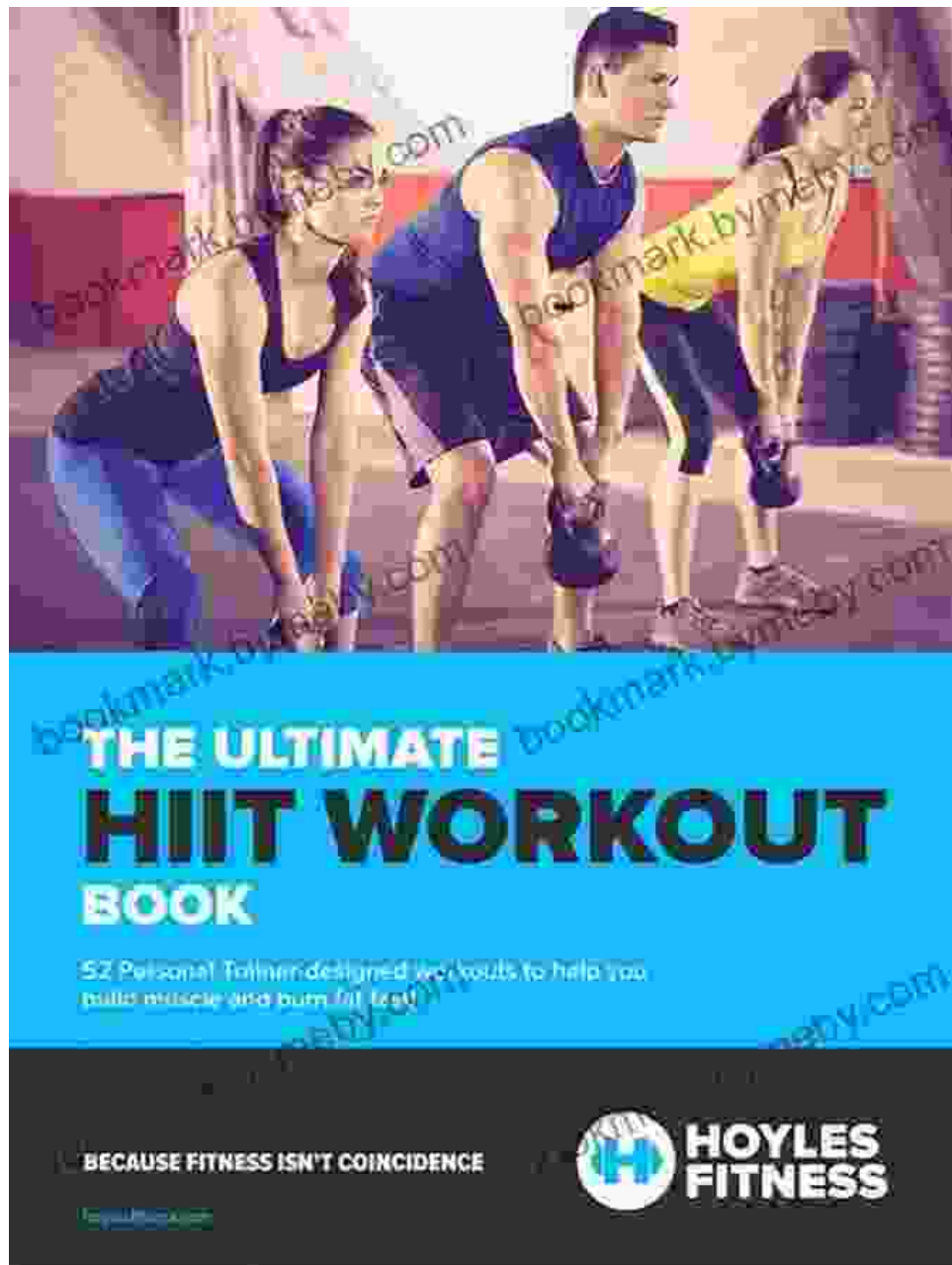
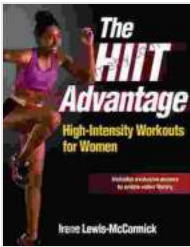


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The HIIT Advantage: High-Intensity Workouts for Women

by Irene Lewis-McCormick

★ ★ ★ ★ ☆ 4.4 out of 5

Language : English

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Text-to-Speech: Enabled

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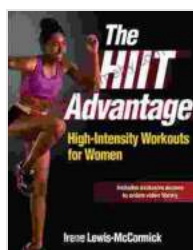
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- Different types of HIIT workouts
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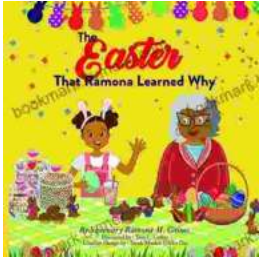
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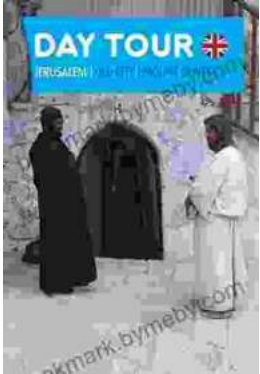
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