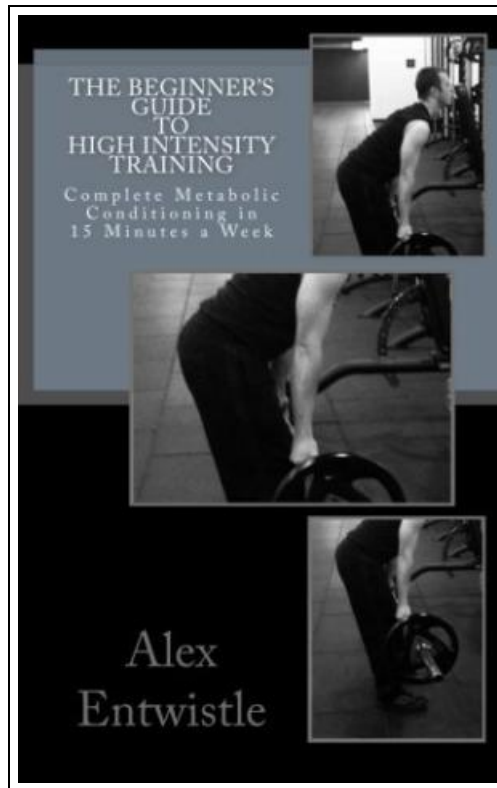


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.This guide is designed to give you, the trainee, a complete understanding of the principles and application of High Intensity Training (HIT). It is designed to achieve complete, metabolic conditioning in 15 minutes per week using scientifically backed methods of exercise. Complete metabolic conditioning means that in one workout you aim to stimulate muscle growth, burn fat, train the cardio vascular system, and increase flexibility, all in a safe, time efficient, and intensely stimulating manner. Pick up your copy of this beginner s guide now.

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