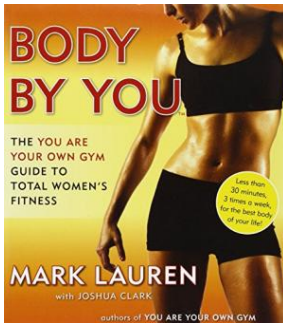


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BODY BY YOU: THE YOU ARE YOUR OWN GYM GUIDE TO TOTAL WOMEN S FITNESS



Random House USA Inc, United States, 2013. Paperback. Book Condition: New. 232 x 206 mm. Language: English . Brand New Book BURN FAT, NOT TIME The ultimate get-in-shape-fast, at-home, no-equipment-required program designed especially for women-from the ultra-fit Special Operations trainer and author of You Are Your Own Gym Say goodbye to long, tedious hours at the gym and boring, muscle-depleting cardio exercises. Elite trainer and fitness guru Mark Lauren is here to show you that the best--and only--equipment you need...

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