



Get Fit Fast Bookazine

By -

Dorling Kindersley Ltd, 2015. Paperback. Book Condition: New. 21.6 x 27.6 cm. Features easy-to-follow workouts that burn calories while toning you all over in the shortest period of time. Combining cardio intervals with strength training exercises to burn calories, sculpt lean muscles, and rev up your metabolism, this title helps you to work on your trouble spots. Our orders are sent from our warehouse locally or directly from our international distributors to allow us to offer you the best possible price and delivery time. Book.



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