

No Gym Needed - Quick & Simple Workouts For Busy Guys: Get A 'Fit' Body In 30 Minutes Or Less! [Kindle Edition] By Lise Cartwright

By Lise Cartwright

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No Gym Needed is concisely written with your busy schedule in mind. It will teach and show you how to get the body you want, no matter how busy your life is right now.

<http://lisecartwright.com/no-gym-needed-quick-simple-workouts-for-gals-on-the-go/>

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