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By Lise Cartwright

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<http://greatist.com/fitness/no-gym-bodyweight-workout-infographic>

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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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View Lise Cartwright's No Gym Needed: Quick & Simple Workouts Working out at home without going to the gym to achieve a fit and toned body, in just 30 minutes

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