

101 High-Intensity Workouts for Fast Results (101 Workouts)

The Editors of Muscle & Fitness



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101 High-Intensity Workouts for Fast Results (101 Workouts) The Editors of Muscle & Fitness Aimed towards anyone tired of spending countless hours training with weights and doing cardio and without seeing additional gains, *101 High-Intensity Workouts For Fast Results* provides a lifetime of workouts that continually increase lean muscle mass and reduce body fat using scientifically proven methods of short, high-intensity bouts of training.

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