

High-Intensity Interval Training For Women: Burn More Fat In Less Time Wit By Sean Bartram

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.Jen: Wish I could have been there :-(-.

.Beth Teliho: i'm so excited for you, leigh!!!!!! MWA XOXOXO.

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after it high intensity style. Start with intervals and crank the speed up. A great program to start with is intervals of 3 minutes (high) Women s Workouts

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