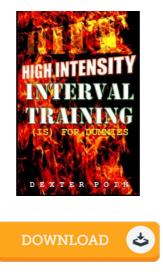
# High Intensity Interval Training - Hiit: (Is for Dummies) a Must Read for All Fitness Enthusiasts (Paperback)



# **Book Review**

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