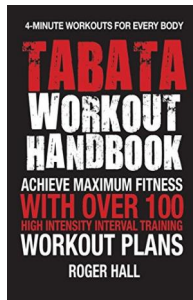


## Tabata Workout Handbook: Achieve Maximum Fitness with Over 100 High Intensity Interval Training Workout Plans (Paperback)



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