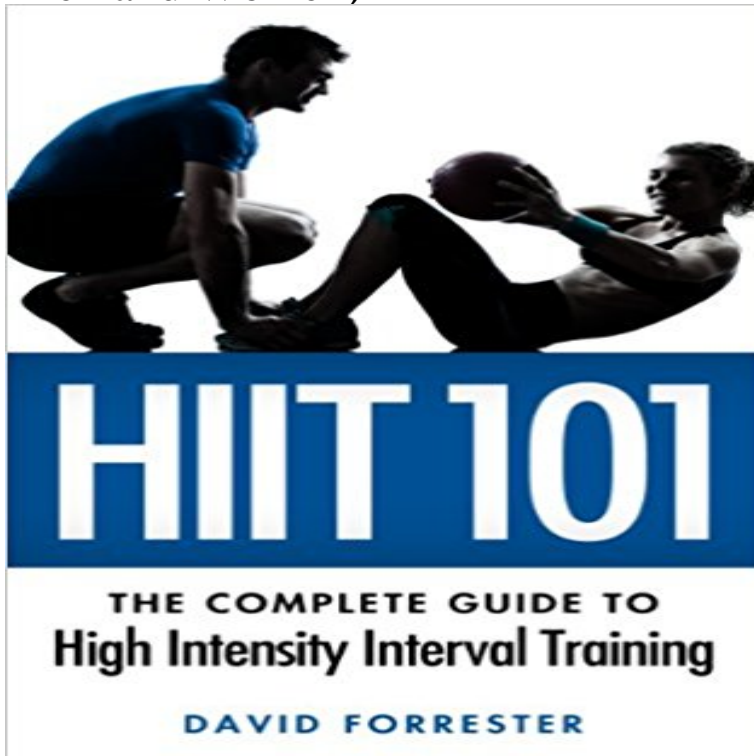


HIIT 101: The Complete Guide to High Intensity Interval Training (For Men and Women)



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