



17 TRICKS to GET FIT



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Trevor Clinger



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The Perfect 10 Yasmin Karachiwala, 2023-02-27 Fitness looks hard Weight maintenance looks difficult It is a culture that has normalized conversations that have been internalized so deeply that we forget that many are the same half truths or untruths repeated for so long that they become part of our conditioning Normalize this fitness is easy This book will show you that all

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