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Great cardio and butt workout! It also includes a workout calendar and a bonus workout called the 20 Minute Accurate Tone Workout. âš ï, [] If you have never tried to train with a trainer, do not settle for the first workout that comes across. Before choosing, consult with a professional. This will help you avoid injury. To get results, you need to not just run on a treadmill, but do it with the right technique and the right pace, and then your workouts will become more productive, a

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