

<<6Minute Morning晨练6分钟>>

图书基本信息

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内容概要

Get fit and easily work it into your busy day with this great guide to quick workouts. The 6 Minute Morning Workout is divided into four handy parts so that you can choose to concentrate on all-over toning, stretching your muscles, working on your hips and thighs or developing the perfect flat stomach.

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body toning
flat stomach
hips and thighs

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