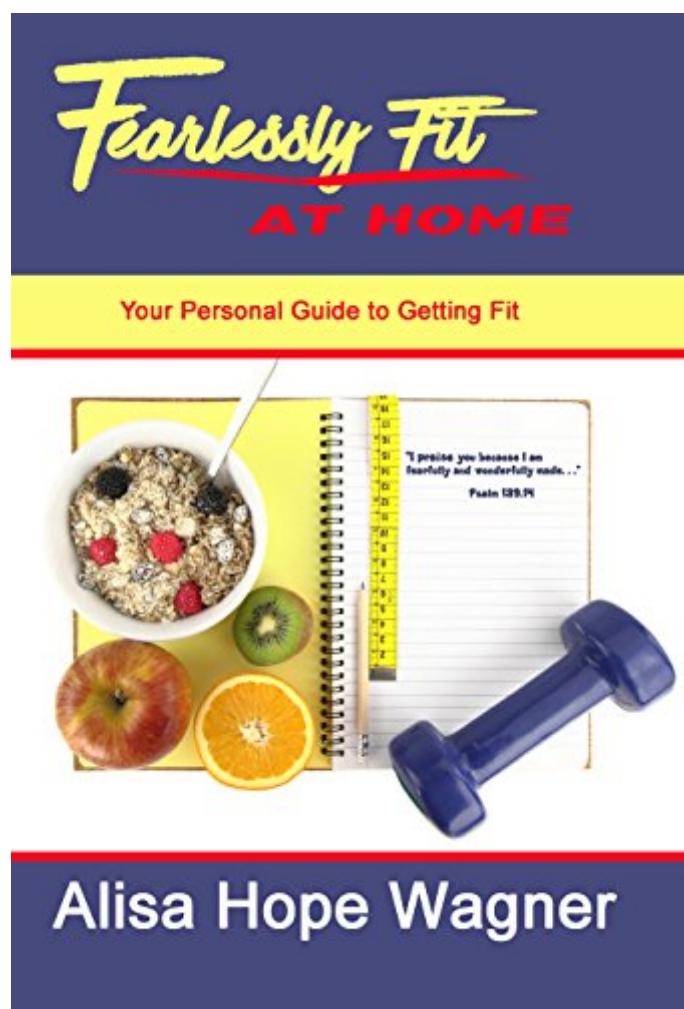


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# Fearlessly Fit At Home: Your Personal Guide To Getting Fit



## Synopsis

If you want to get fit without the hassle, this exercise program is for you! Fearlessly Fit at Home combines Cardio Calisthenics and Dumbbell Weightlifting exercises to get you fit in a minimal amount of time and at the convenience of your own home. Included in this guide are more than 65 simple exercises that will burn off fat and build muscle. No more excuses. It's time to get into the best shape of your life and feel great while doing it!

## Book Information

File Size: 7187 KB

Print Length: 101 pages

Publisher: Marked Writers Publishing (May 10, 2017)

Publication Date: May 10, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0719CQPTK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #420,477 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Aerobics

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