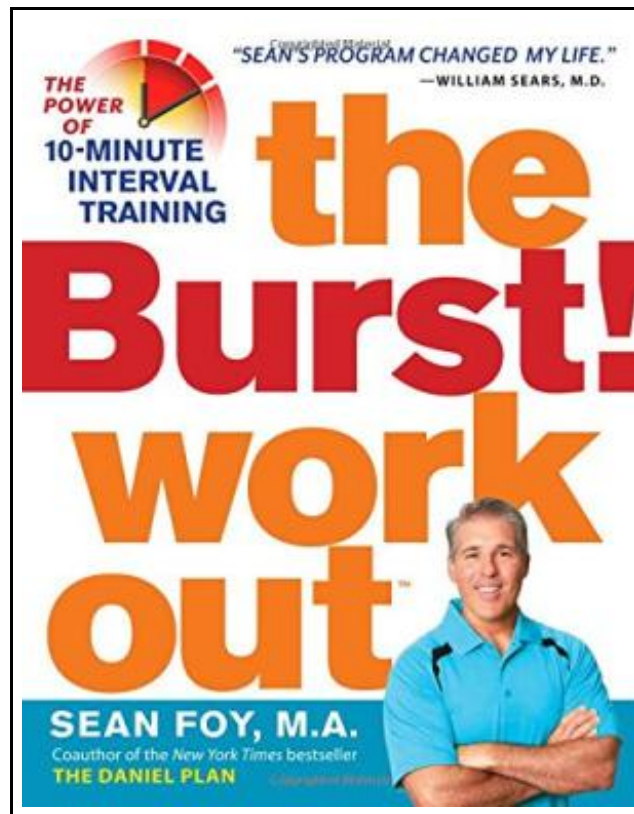


The Burst Workout: The Power of 10-Minute Interval Training



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(Jamar Stracke)

THE BURST WORKOUT: THE POWER OF 10-MINUTE INTERVAL TRAINING

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