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thought of driving to the gym and working
out for a half hour, then having to shower
and dress loses its appeal after awhile.

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With the 90-Second Fitness Solution you will: Drop a dress size and tighten your belt one notch in eight weeks. If you

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Don't have time for a long workout?

Cerqua's plans range from three to 12 minutes; his premise is that holding a position, or slowing a rep so it takes 90 seconds, intensifies the challenge.

Standout Section Cerqua provides a synopsis for the text-heavy chapters so you can get the main points in a snap. Eye

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