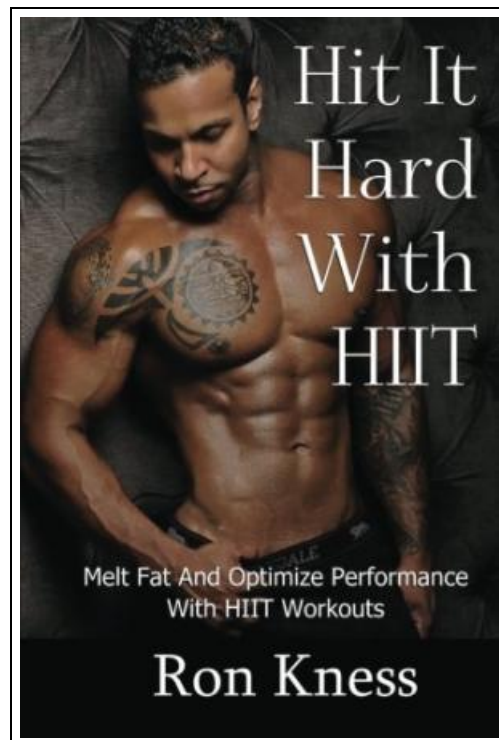


## Hit It Hard with Hiit!: How to Melt Fat and Optimize Performance with High Intensity Interval Training (Hiit) Workouts (Paperback)



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