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- A gentle warm-up to help prepare your body for exercise
- 20 minutes of low-impact serobic moves designed to burn calories and condition your hear?
- . A soothing cooldown

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COLOR, 30 MIN.

Produced and Directed by MANTON SCHWARTZINEW YORK. PRODUCTION PARTNERS

Choreographed and Performed by Lynd Patton, A.F.A.A. Certified Fitness Instructor

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The New Calorie Burning Workout To Trim Your Figure Fast

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