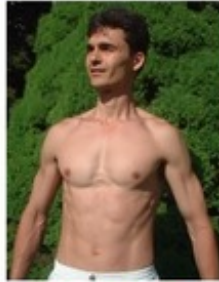


# Bodyweight Exercises- Lightning Speed Fitness Program

More Details

*"Why 1 to 5-Minute  
Mini-Workouts Burn Fat Better  
Than Doing 45-Minutes of Cardio"*



**Roger Haeske**

Radiant Health Coach,  
Author and Tennis  
Instructor

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# Bodyweight Exercises- Lightning Speed Fitness Program

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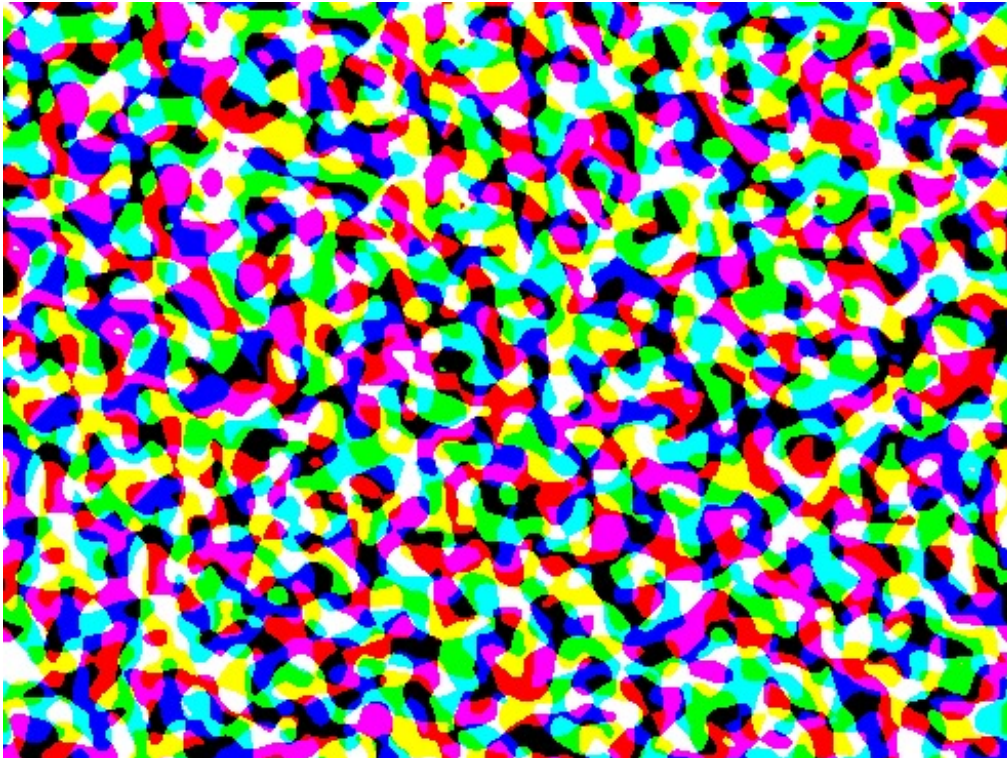


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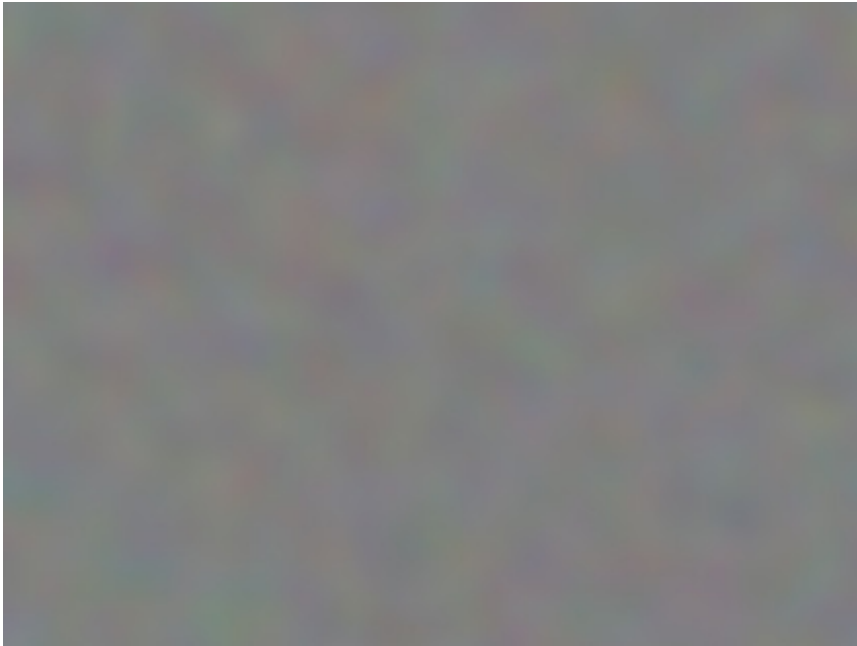


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