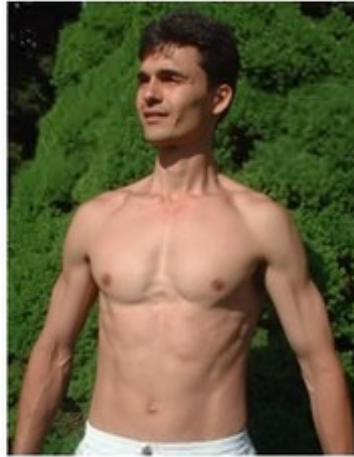


*"Why 1 to 5-Minute
Mini-Workouts Burn Fat Better
Than Doing 45-Minutes of Cardio"*



Roger Haeske

Radiant Health Coach,
Author and Tennis
Instructor

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