

ROBERT J. DAVIS
with Brad Kolowich, Jr.
Certified Personal Trainer

FITTER FASTER

A man with short hair, wearing an orange tank top and black shorts, is in a starting crouch on a yellow surface. He is looking directly at the camera with a determined expression. His arms are extended forward, and his legs are bent at the knees. The background is a solid light green.

**THE SMART WAY
TO GET IN SHAPE IN
JUST MINUTES A DAY**

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