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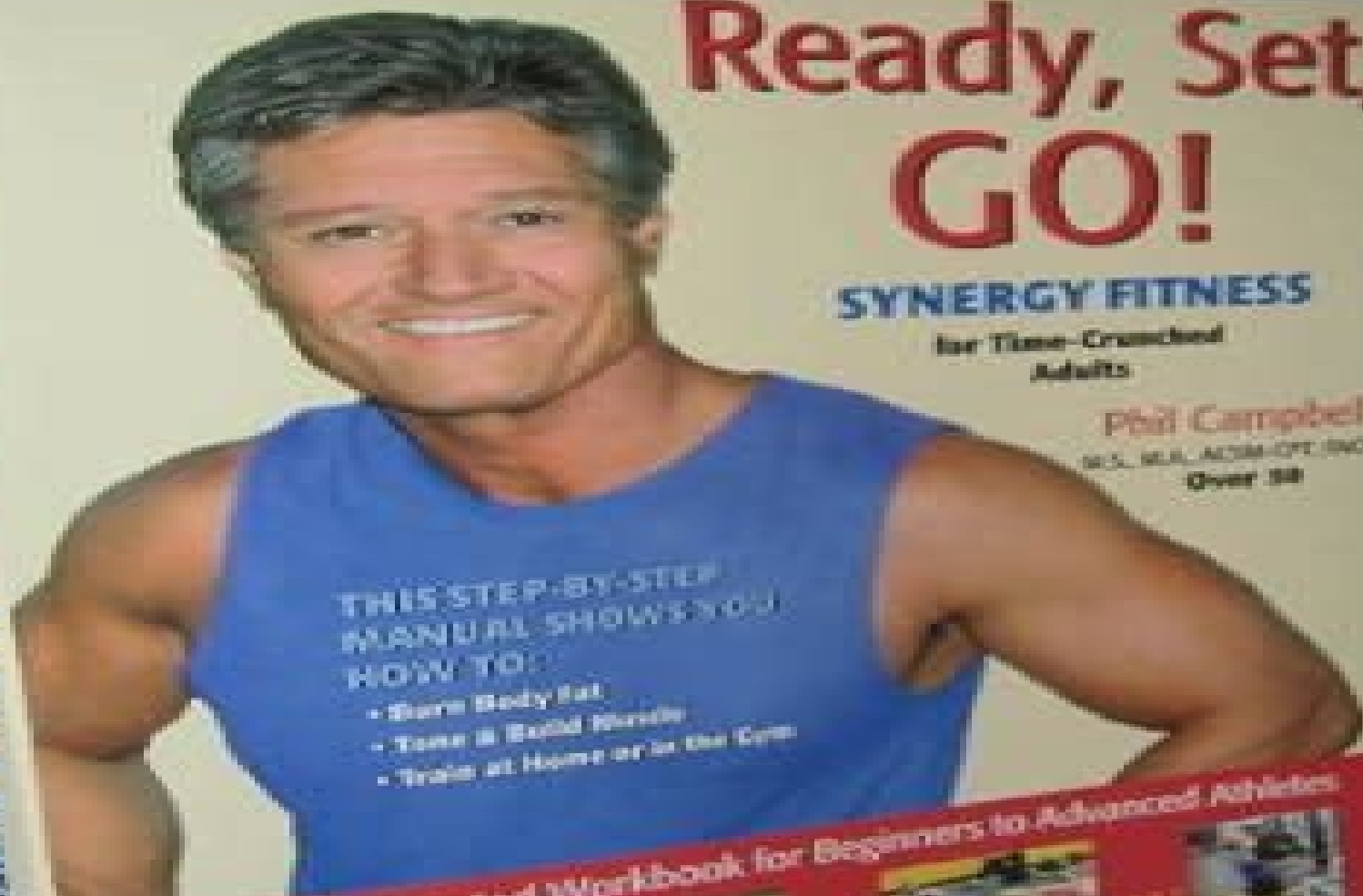
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# Ready, Set, GO!

SYNERGY FITNESS  
for Time-Crunched Adults

2nd Edition

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# Ready, Set, GO!

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for Time-Crunched  
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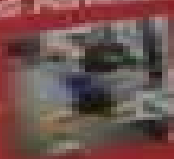
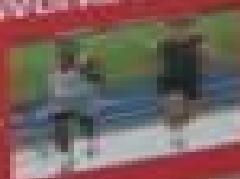
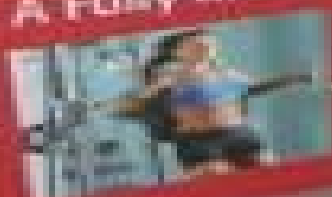
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