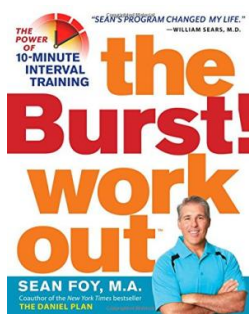


## The Burst Workout: The Power of 10-Minute Interval Training



### Book Review

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