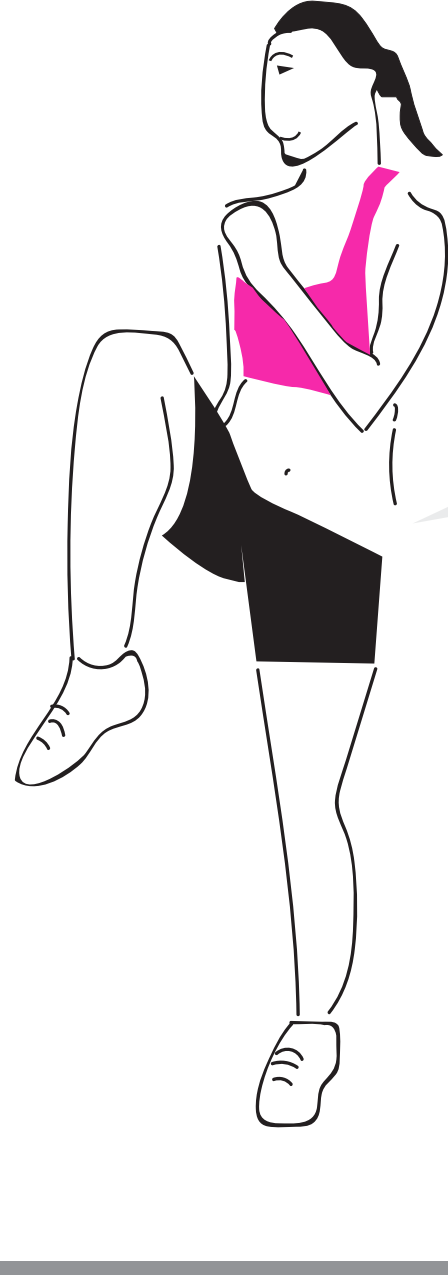




change IN seconds

MOTIVATION TO LOSE WEIGHT

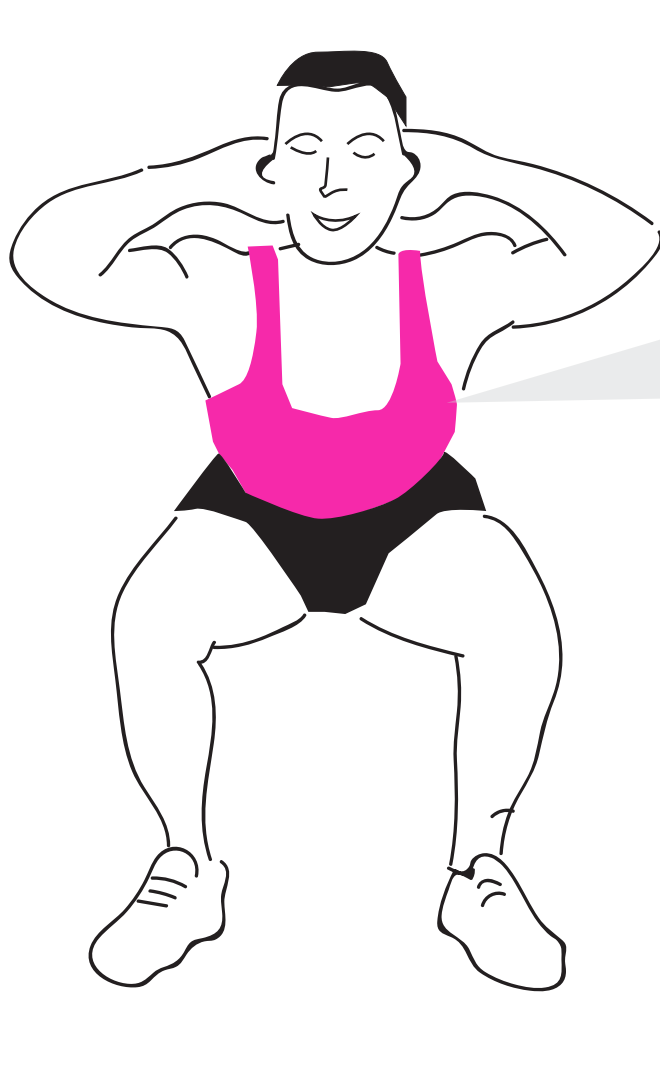
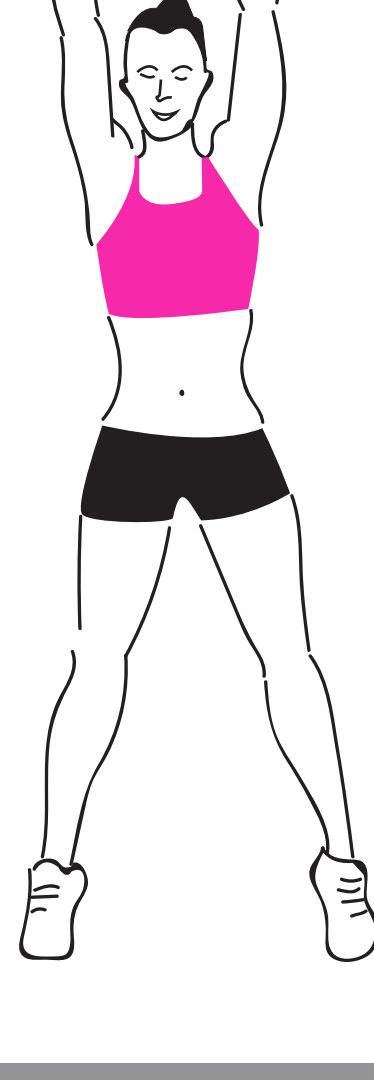
Fat Blasting Cardio Workout For Beginners



*March
On Spot*



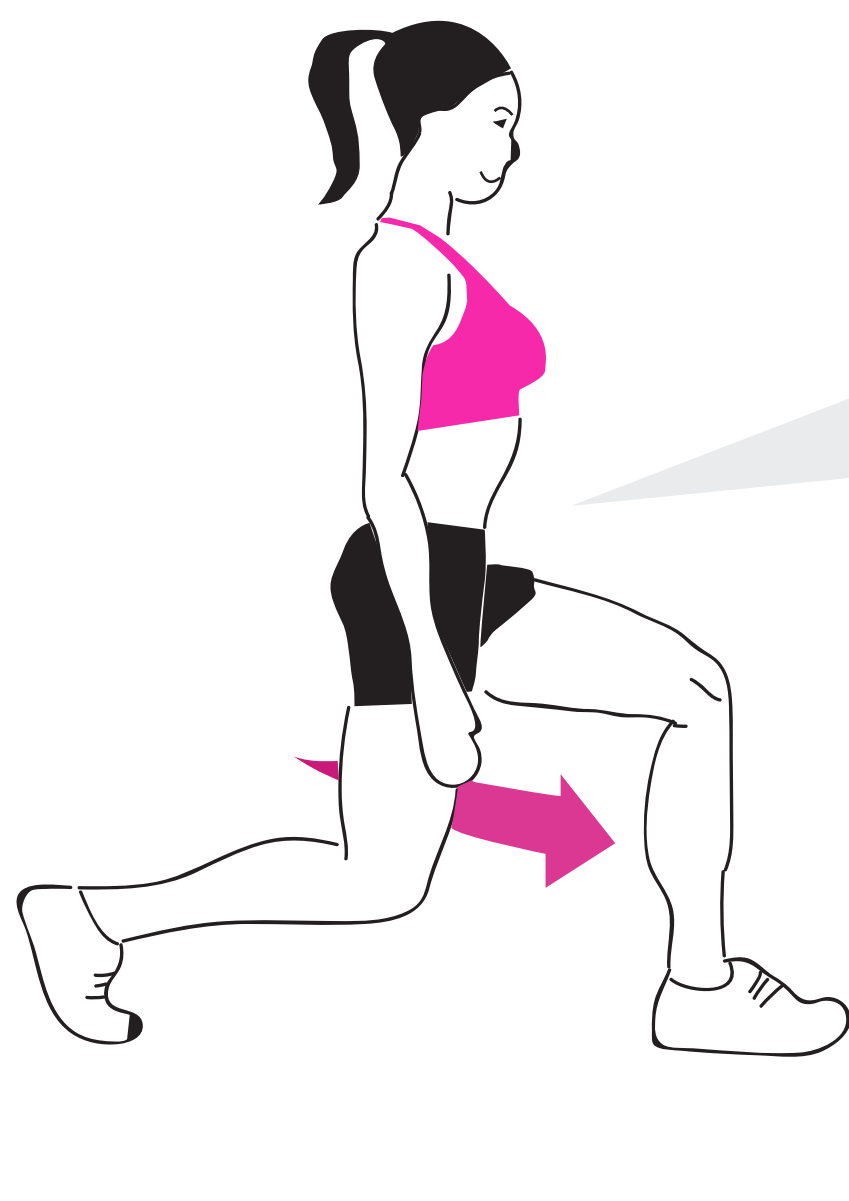
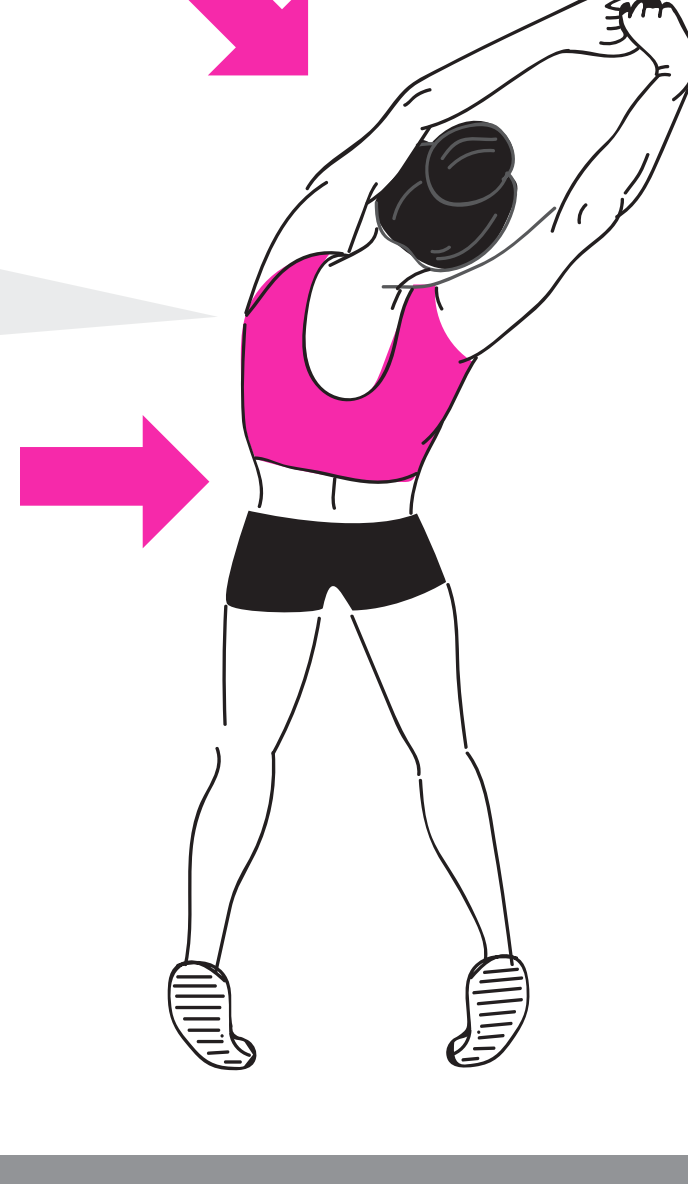
*Jumping
Jacks*



Squats



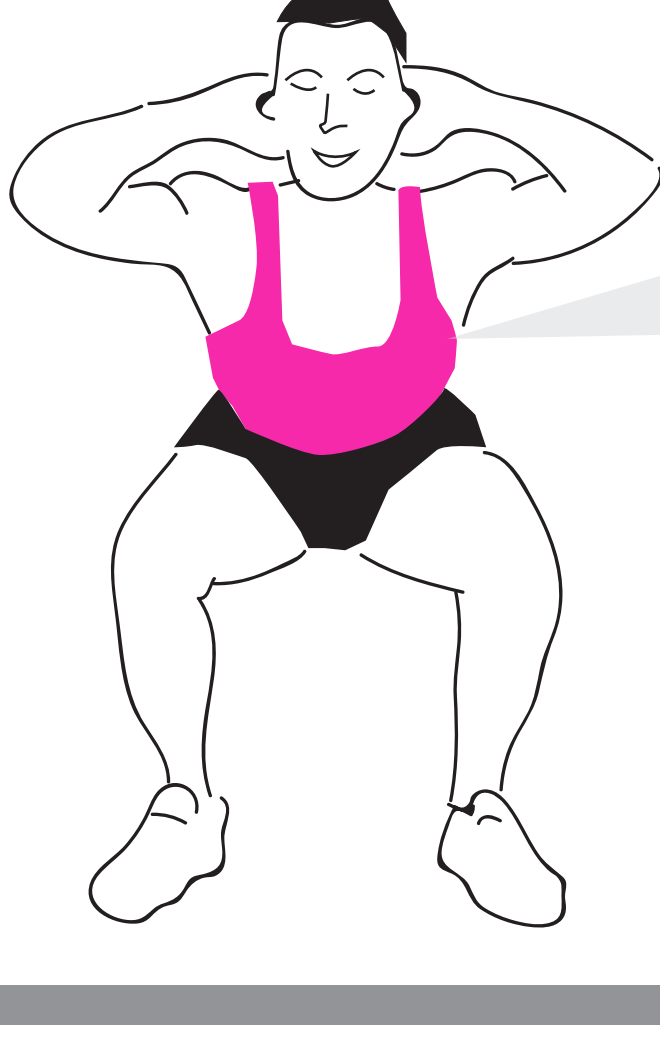
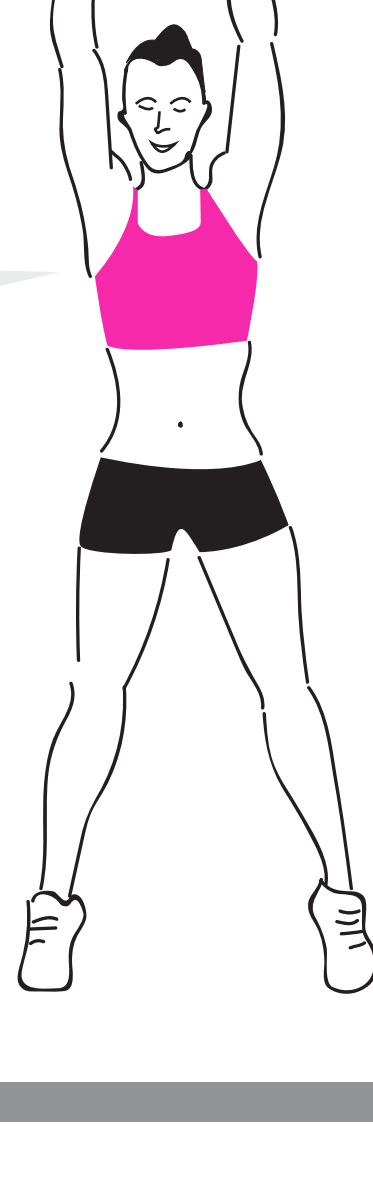
*Standing
Side Reaches*



Lunges



Jumping Jacks



Squats

Start Exercising Do This Workout Daily

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