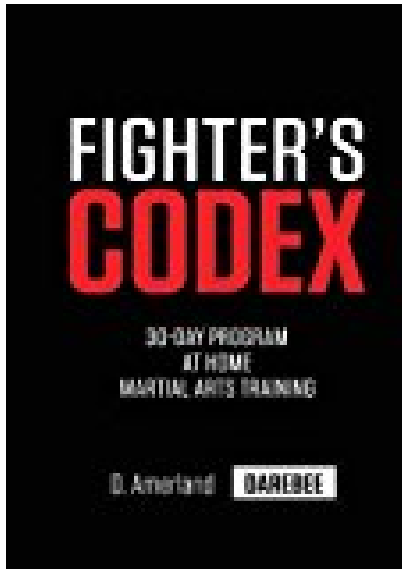


Fighters Codex 30-Day At Home Martial Arts Training Program



BOOK DETAILS

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BOOK SYNOPSIS

100 office-friendly, no-equipment, no-sweat fitness routines you can do at work to help rejuvenate your body and reboot your mind. Maintain your fitness, improve your concentration and raise your productivity without investing hours training each day.

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