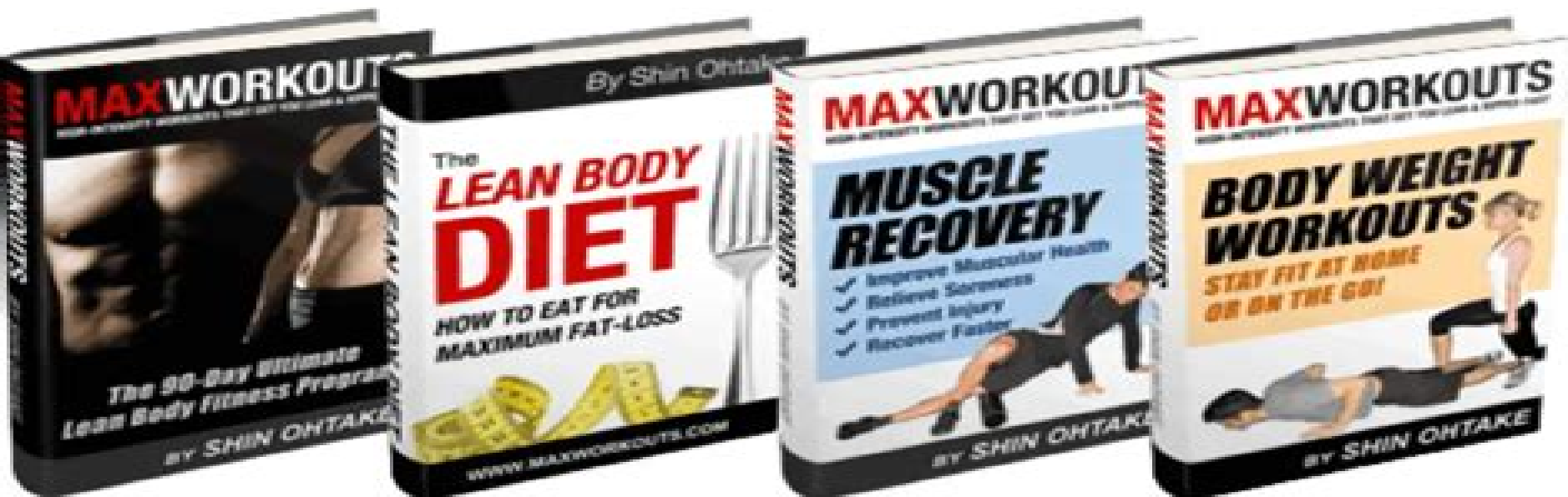




- ✓ High Intensity
- ✓ Interval Training
- ✓ Circuit Training
- ✓ Strength Training
- ✓ Ab/Core Training
- ✓ Total Body Toning



Max Workouts 90 Day Ultimate Lean Body Program

Matt Gallant, Wade T. Lightheart

A red circular graphic with a gradient, appearing as a stylized sun or a lens flare, positioned to the right of the authors' names.

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