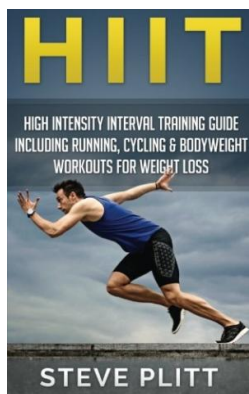


## Hiit: High Intensity Interval Training Guide Including Running, Cycling Bodyweight Workouts for Weight Loss



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