



Sane Fitness QuickStart: Full Body Workouts that Won't Drive You Crazy

Beverley Caen

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This attractive card set-hailed by *Prevention* magazine and by *The New York Times* as the "preferred" fitness deck-provides a concise, practical, and easy-to-fit-in exercise routine that is perfect for any busy woman. Full-color photographs of every exercise, high-quality cardstock, and a bonus lanyard make this a perfect workout companion.

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