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Get Fit For Free: Progressive Total Body Home Workouts With No Equipment Needed

Kelly Ferguson

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Once-fat-kid turned certified personal trainer Kelly Ferguson brings you five full-body home workouts that are designed to target your major muscle groups for progressive full-body strengthening and sculpting, starting with the very basics.

Whether you are a complete beginner to exercise or simply looking for some great workouts you can do without having to set foot in a gym, you will find a workout tailored to your individual fitness level.

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