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Forget gyms, expensive equipment, and hours of punishing fitness routines. For fast results at home, *Energizing Workout* lets you choose from a range of programs that include stretching, dancing, and targeted calorie-burning moves, and get your body energized in no time.

With clear at-a-glance photos that show exactly what to do and a live-action 60 minute DVD demonstrating workouts to suit your fitness needs and mood, *Energizing Workout* is an easy-to-follow set of workouts perfect for women on the go!

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