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Workouts, Build Muscle And Lose Fat With Inspiration
From Paleo, Ayurveda, HIIT And Yoga By Phil Escott,
Karen Halewood**



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Pure Activity written by Phil Escott, author of Amazon Kindle impact of your cardio workouts, build muscle, lose fat and reduce lose fat with inspiration from paleo, Ayurveda, HIIT and yoga was released 24 October, 2016.

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Phil escott – author

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