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weights to build our strength and muscle The 20~minute strength and shape workout, and rotation in 1 minute. Although this was just one of Bruce Lee's

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Raymond Wu is the author of Fundamentals of High Performance Wushu (5.00 avg rating, 3 ratings, 0 reviews, published 2007), The One Minute Workout (0.0 a

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in just 60 seconds day! Build Lean Muscle & Increase Muscle Tone Each day, you do just ONE exercise, for a total of ONE minute.

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