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Week By Fredrick Hahn;Mary Dan Eades;Michael R.
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The Slow Burn Fitness Revolution lays out the accumulating body of scientific evidence that shows the spend-hours-in-the-gym approach to exercise is over.

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Dec 29, 2010 This video is from the Vook "Slow Burn: The Fitness Revolution," by Fred Hahn. For more info, check out vook.com!!

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