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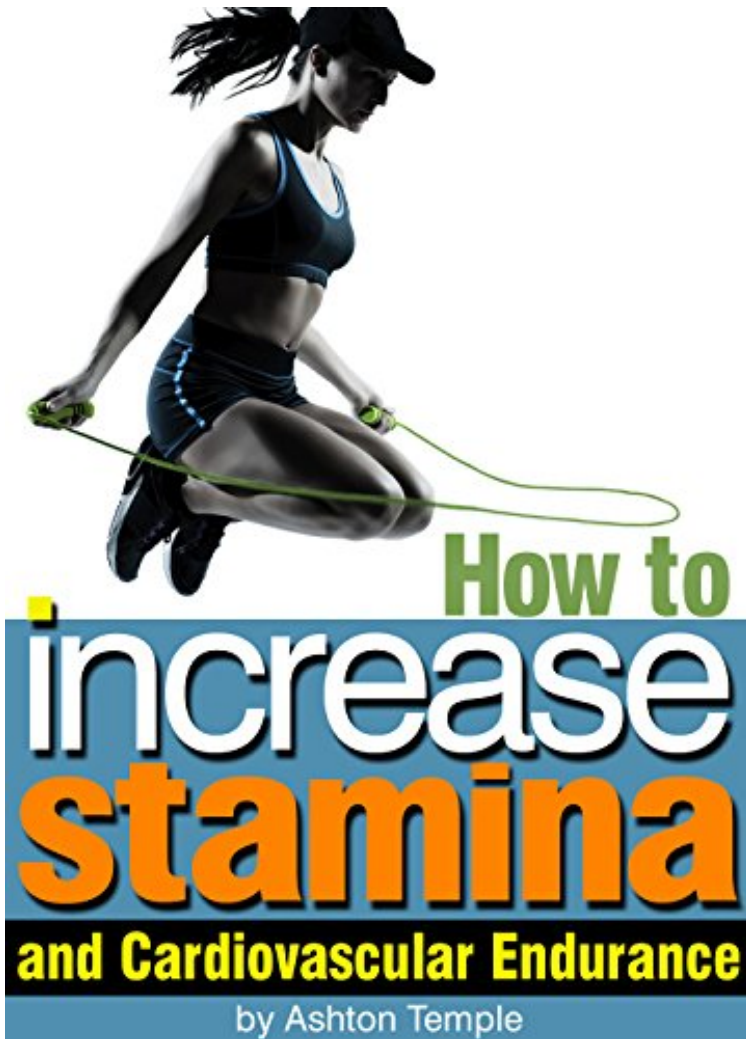
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should be - is equally, if not more, important. This book is designed to provide you with the various components of increasing your stamina so that you can finally maximize your athletic performance. Whether you're an athlete who's currently training for a marathon, a fitness junkie looking to spend a few more hours at the gym, or just the average Joe who wants to run a little further on your morning jog without running out of breath, the sky's the limit when it comes to your endurance potential. All you need to do is take the first step and follow the guidance laid out in this book. Before you know it, you'll look in the mirror and see a much healthier, fitter version of yourself. Here Is A Preview Of What You'll Learn...Working with the Right GearPlanning Your WorkoutIntensifying Your WorkoutEndurance Exercises to Complement your WorkoutImportant Final Reminders for Motivation and SafetyMuch, much more!Download your copy today!

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