

Les Mills Grit Dvd

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HIGH INTENSITY INTERVAL TRAINING Get ready to add HIIT workouts to your life with our three unique LES MILLS GRIT? workouts and take your fitness to the next level The LES MILLS GRIT? Series features

three unique workouts each designed to drive different results Build Strength Improve Agility and Burn Fat. BODYFLOW 78 Duration 55 min Equipment yoga mat optional Presenter team Dr Jackie Mills Diana Archer Mills 1a TAI CHI WARMUP Les Mills recording of Say A Prayer For Me.

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GRIT? SERIES SPRINT Dan is a Co Program Director for BODYCOMBAT® and for the Les Mills core training program CXWORX®

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Assessment video for Les Mills sprint filmed at Nuffield Health Crawley

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