



Quickie Calorie Burner

Jumping rope is a great cardio workout that burns a lot of calories in a short amount of time. It's also a great way to improve your coordination and balance. You can jump rope in a variety of ways, from basic to advanced, and it's a great way to stay fit and healthy.

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- Improves coordination and balance
- Can be done indoors or outdoors
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Tuck in the Middle

Until your Pilates workouts pay off, suck it in with the latest gym wear, featuring hidden ab-flattening panels.



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