

A group of seven young women are posing outdoors in a park-like setting. They are all wearing athletic clothing, including leggings and long-sleeved shirts. The women are arranged in two rows, with some standing and some in a low squatting or lunging position. They are all smiling and looking towards the camera. The background shows a paved path, some greenery, and a building in the distance.

FIT GIRL'S GUIDE

The 28 Day Jumpstart
A FIT GIRL'S EBOOK

Ebook Fit Girls Guide

Erin Whitehead, Jennipher Walters



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The Right Moves Tina Schwager,Michele Schuerger,1998 Explains how girls can achieve total fitness by focusing on three broad areas developing a positive self image choosing nutritious foods and exercising regularly

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Spring Time: Or Words in Season. A Book for Girls Sydney Cox,1873

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ricevi gesù nel tuo cuore che questo amore divino ti accompagni per tutta la vita auguri