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The Skinny NUTRiBULLET Lean Body HIIT Plan Delicious calorie counted smoothies juices with high intensity

interval training workouts for a leaner, fitter you. Combine the power of the NUTRiBULLET with our delicious, healthy, calorie counted smoothies and High Intensity workouts. Pick from our selection of great smoothie recipes as part of your balanced daily diet and follow our 4 pre-planned HIIT sessions each week. Every workout lasts for just 15 minutes, is easy to follow with simple instructions and diagrams for each exercise + tips to help you get the most from your training. No equipment or expensive gym membership needed! There has never been a better time to get build a healthier, leaner, fitter body. You may also enjoy: The Skinny NUTRiBULLET Lean Body Abs Plan The Skinny NUTRiBULLET Lean Body Yoga Plan