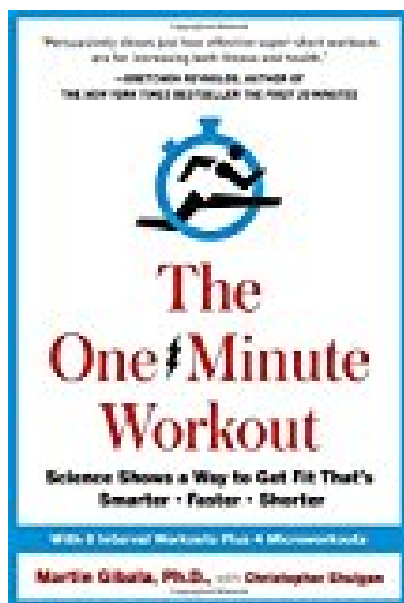


The One-Minute Workout Science Shows a Way to Get Fit That's Smarter Faster Shorter



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