



Looking Good Feeling Great: Fifteen Minutes a Day to a New You!

Karol Kuhn Truman, Alan Parkinson

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Karol discovered the joys of rebounding several years ago, and is amazed at how it's benefited her life. It seems odd that such a simple little device could bring such fantastic results. But it's true! More data is coming in daily; and every day more men and women are being converted to rebound exercise.

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