



Bring It!: The Revolutionary Fitness Plan for All Levels That Burns Fat, Builds Muscle, and Shreds Inches

Tony Horton

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With *Bring It!*, fitness superstar and "Master of Motivation" Tony Horton introduces readers to the fundamentals of his highly effective, bestselling workout

"Working out with Tony is great fun. You never know what's coming at you next, and your brain and body are being challenged in such a satisfying way that suddenly the session is over and you can't wait for the next one. The results are fast, and you become happier, healthier, and more energetic."

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