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9 7 1 3 12WBT FITNESS Hi running fans, here are my fail-safe tips to get your butt into gear to become a running machine in no time! Mish Xx Why Running

YO u Join super-trainer Michelle Bridges and... GET BIKINI

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hen The Biggest Loser fitness trainer Michelle Bridges slips into a bikini ... to welcome new members to her 12WBT program, which kicks off again on January 16

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cardiovascular fitness as well as helping increase your speed. In a nutshell this ... My 12WBT Half Marathon program will get you there. It has four days of running

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Michelle Bridges Celebrity Fitness Trainer In today's weight-conscious society where childhood obesity, meal replacements and lap band surgery dominate the social

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