

***The Physique 57r Solution Groundbreaking 2 Week Plan For A
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Jennifer Vaughan Maanvi is the CEO and Co-Founder of Physique 57, a fitness company that operates exercise studios in New York, Los Angeles, Dubai, Bangkok and Mumbai. Jennifer is also the Executive Producer of the company's video products and co-authored The Physique 57 Solution, The Groundbreaking 2-Week Plan for a Lean, Beautiful Body.

Our Story - Physique 57

The physique 57 solution : the groundbreaking 2-week plan for a lean, beautiful body. [Tanya Becker; Jennifer Maanavi] -- Provides a two-week workout plan based on isotonic and isometric exercises that work each muscle group to effectively build lean muscle mass and sculpt one's body in just fifty-seven minutes a day.

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outside in.

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Physique 57. Physique 57 is a fitness company founded in 2006 and headquartered in New York City. The company offers barre classes through its exercise studios in New York, Los Angeles, Dubai and Bangkok and retails its own line of fitness DVDs and online workouts through its website and in retailers including Lululemon Athletica,...

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