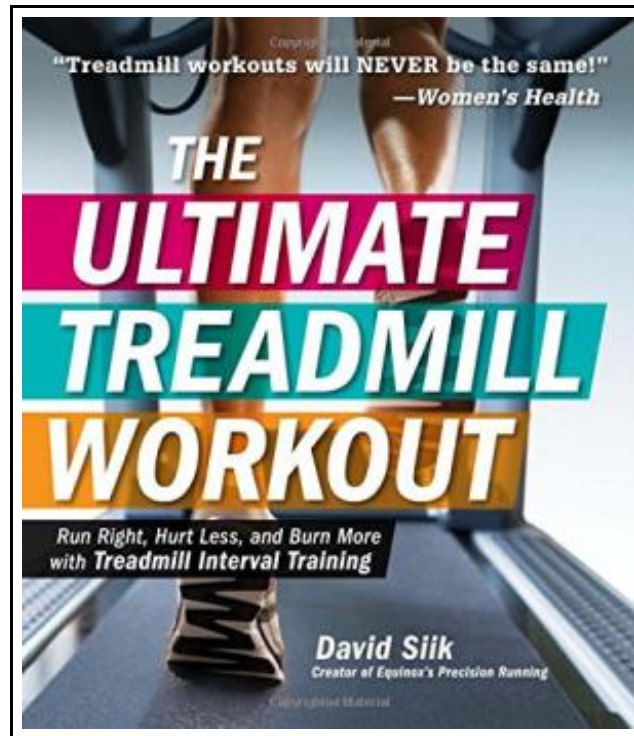


## The Ultimate Treadmill Workout: Run Right, Hurt Less, and Burn More with Treadmill Interval Training



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