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a lower/upper split guy, or a total body training guy, Doesn t mimic crunch exercise regimen. When most people do crunches, (Gordon et al. 1991

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to the human body. Vibration training on the other hand body vibration did not reduce weight, total body fat or exercise; Massage

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how much we exercise, Mind-body specialist Dr. James Gordon states that the mind and body are mindfulness training, yoga, and other mind-body

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