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How to Skip like a Boxer to Lose Weight. First 3 Chapters only  
How to Skip like a How to Skip like a Boxer to Lose Weight. First 3 Chapters only Boxer to Lose  
Weight

How to Skip like a Boxer to Lose Weight. First 3 Chapters only  
**How to Skip like a Boxer**

to Lose Weight, ToneUp, Get Fit and Feel *Great!*

Stephen Mycoe BA(Hons)

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How to Skip like a Boxer to Lose Weight. First 3 Chapters only  
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