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Mar 17, 2015 Neila Rey is the author of 100 No-Equipment Workouts and the creator of visual, easy-to-follow workout routines. She has 10+ years of experience in running
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100 No-Equipment Workouts by Neila Rey, 9781844819805, available at Book Depository with free delivery worldwide.

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Neila rey (author of 100 no- equipment workouts)

Neila Rey is the author of 100 No-Equipment Workouts (4.45 avg rating, 20 ratings, 1 review, published 2013)

Amazon.com: customer reviews: 100 no- equipment

An easy to follow guide to working out. Neila Rey has done a great job in putting together a variety of exercises and eliminating the need for special equipment that

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Neila Rey shares some amazing workout stuff without equipment. In this article, we are sharing very helpful visual guides which keeps you very healthy.

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Author: Neila Rey, Title: 100 No-Equipment Workouts (Paperback), Publisher: New Line Publishing, Category: Books, ISBN: 9781844819805, Price: \$16.92, Release_date

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