

# Mp3 Candace Grasso - Elliptical Fit

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The ultimate cardio elliptical workout with powerful music and professional coach in your ear. 6 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Inspirational Details: Candace has six national certifications and has been honored by PowerBar as having been awarded membership to their prestigious Team Elite. Candace has traveled the world coaching, teaching, and motivating not only all those who line up to take on her fun and highly effective fitness challenges, but also as a continuing education provider conducting educational and practical workshops for other fitness professionals. Elliptical Fit Series Elliptical trainers are one of the most popular pieces of cardio equipment available today. The absence of strong impact and the gentle gliding action makes it the perfect piece of equipment for just about everyone. The only problem it is possible to CHEAT a little!!! Not on purpose of course, not YOU, but it happens. Plug into these workouts and Candace promises to keep you honest. The elliptical workouts are for every fitness level. Using a customized scale known as perceived exertion, you will achieve MAXIMUM RESULTS in a workout thats made just for you. Elliptical Fit Volume One will guide you through approximately 40 minutes of fat burning, efficient, fun and seriously effective cardiovascular conditioning. People who are interested in should consider this download.

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