











Shaun T039s Focus T25 workout DVD Programme (50 GBP)



Location **Yorkshire and the Humber, South Humberside**
<https://www.freeadsz.co.uk/x-325446-z>

Full-body transformation after 5 days a week for 10 weeks. The creators of the internationally successful Insanity programme bring you the same kind of results you'd expect from an hour long programme, in under 30 minutes. To deliver the results of a 60 minute workout in just 25 minutes, Shaun uses Focus Interval.

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