

# Fully Fit in 60 Minutes a Week: The Complete Shape-Up Program for Women

Susanne O'Sullivan

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# Fully Fit In Sixty Minutes A Week The Complete Shapeup Program For Women

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**Fully Fit In Sixty Minutes A Week The Complete Shapeup Program For Women:**

**Fully Fit in Sixty Minutes a Week** Susanne O'Sullivan,1983-04-01      **Forthcoming Books** Rose Army,2001  
**Medical and Health Care Books and Serials in Print** ,1986      **Fully Fit in 60 Minutes a Week** Susanne O'Sullivan,1983 A physical fitness programme designed to help women become fully fit with 60 minutes of exercise a week  
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