

# Aerobic Timer



<b>Address</b>	{value_address}
<b>Contact Person</b>	{value_contact_person}
<b>Mobile Number</b>	{value_mobile_number}
<b>Email</b>	{value_email}

The Body for Life program created by Bill Phillips defines a 20 Minute aerobic workout that is designed to prevent performance plateaus and gives a high level of aerobic health benefit with minimum amount of time. The Aerobic Timer lets you see where you should be. So that you can follow the 20 minute aerobic workout better and achieve better fitness results.

For more details, please visit <http://scripts.goclix.com/aerobic-timer-31966>

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