

SPRING SHAPE-UP SPECIAL – LOOK GREAT, FEEL BETTER!

WOMEN'S Running

GET FIT NOW!

+ *Stay That Way Forever*

30 DAYS TO AWESOME

Stronger, Leaner, Faster in One Month!

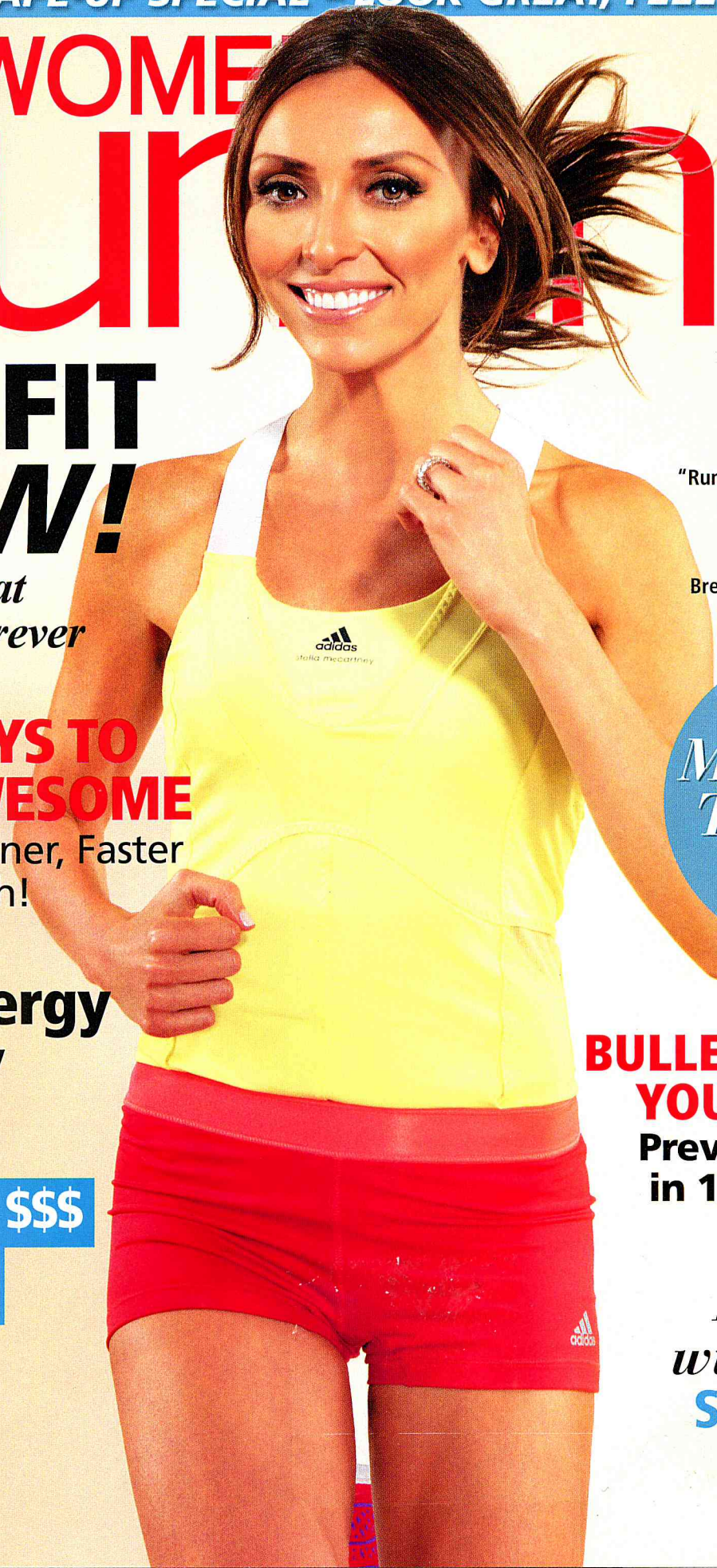
More Energy Instantly

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Save Your \$\$\$

Hot Gear for Tight Budgets

APRIL 2013



"Running is my therapy!"

GIULIANA RANCIC

New Mom, Breast Cancer Survivor

Free Marathon Training Plan
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BULLETPROOF YOUR BODY

Prevent Injury in 12 Minutes

Running with Baby
Selfish or Smart?