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Ever With Hollywood's Fittest Star By LL COOL
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has anyone tried ll cool j's workout? i have read through it and modified minor parts for myself and just finished 12 weeks straight, currently on my week off and im

Ll cool j' s platinum workout : sculpt your best

LL Cool J's Platinum Workout : Sculpt Your Best Body Ever with Hollywood's Fittest Star by Jeff O'Connell, Dave Honig and LL Cool J (2006, Hardcover)

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Before this workout, which is adapted from LL Cool J's Platinum Workout, warm up for 5 to 10 minutes using a treadmill, a stationary bike, or some other cardio apparatus.

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