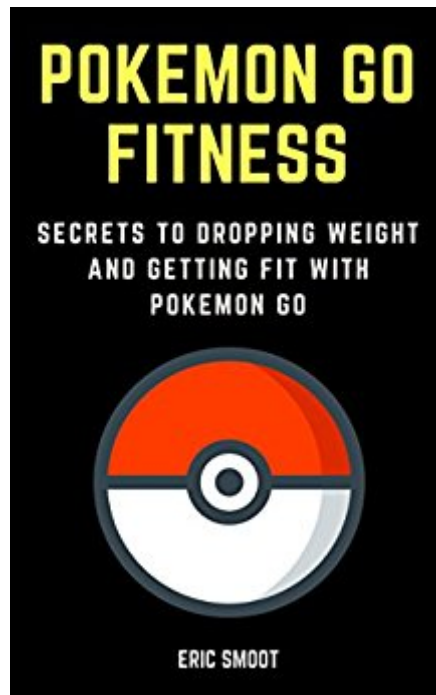


The book was found

Pokémon Go Fitness: Secrets To Dropping Weight And Getting Fit With Pokémon Go



Synopsis

Pok mon Go Fitness: Secrets to Dropping Weight and Getting Fit with Pok mon Go shows us that Pok mon Go IS the fitness app we  ve all been waiting for, even if we didn   know it. In this book we will talk about: Why Pok mon Go is So Amazing For Fitness Enter: Pok mon Go Get Fit With a Friend Some Important Tips for Playing the Game Pok mon Go in Your Daily Life The Next Level of Pok mon Go Fitness Keeping Track of Your Daily Walking Goals Jogger Badges How Often Should You Walk? Interval Training with Pok mon Go Getting Even More Advanced Staying Safe While Getting Fit With Pok mon Go Losing Weight with Pok mon Go Start Getting Fit with Pok mon Go So it  s time to go Catch   em All-- and catch some fitness while you  re at it!

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