

Ten Minute Workouts (10 Minute) By Chrissie Gallagher-Mundy

By Chrissie Gallagher-Mundy

Collins Gem 15-Minute Yoga by Chrissie Chrissie Gallagher-Mundy is the director of the including 10-Minute Hips and Thighs, 10-Minute Workouts, <http://www.powells.com/biblio/9780007245628>

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Chrissie Gallagher-Mundy is the director of the London Academy of Personal Fitness which organises personal trainers to visit the homes of a wide range of London

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List of Collins GEM books. Chrissie Gallagher-Mundy; 5-minute Back Relief by the Royal College of General Practitioners; 5-minute Memory Workout by Sean Callery

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