# You The Owner Manual Workout

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"You: The Owner's Manual Workout" is a DVD containing two short & basic dumbbell workouts, one short cardio workout, and a very quick nutrition recipe section. 1. Level 1 dumbbell workout (about 32 minutes) Two light handweights (or dumbbells) are used. Joel Harper instructs Deborah through a series of mostly basic light dumbbell moves.

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