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HARLEY JAYLIN

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the celebrity-favorite AKT — a dance-based cardio workout that focuses on working hard while having fun — was available virtually, I knew I had to give it a try. Little did I ...I tried celebrity trainer Anna Keiser's workout AKT — and it helped tone my bodyNow, however, thanks to a partnership between Equinox's EQX+ app and WHOOP, I decide my next workout based on what

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