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not? Nevertheless, most people do not recognize that there are steps they can take to prevent the pain and swelling ... by Jackie Burgmann, creator of "Hot at Home" - The Transformation Solution for People Who Hate The Gym. hate the gym experience? sick of commuting just to put up with crowds, long waits for equipment & inconsiderate members and then paying huge fees for the privilege? get ' hot at home ' and learn how to transform your body in the privacy of... Mar 28, 2018 · Hot At Home – The Transformation Solution For People Who Hate The Gym is backed with a 60 Day No Questions Asked Money Back Guarantee. If within the first 60 days