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books in exercise & health - books n things - January 1, 2009, Price: \$14.95. 101 Fat-Burning Workouts & Diet Strategies for Women 101 High-Intensity Workouts for Fast Results 101 Strength Training Workouts & Strategies Beyond Bigger Leaner Stronger: Build Muscle/Get Strong Dos Remedios, Robert, Paperback December 22, 2003, Price: \$69.00.

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page 4 | movement | exos daily | exos formerly core performance - New Way to Torch Fat: Cardio Strength Training In his new book, Cardio Strength Training, Robert dos Remedios, MA, on a vibrating platform will better prepare your muscles for activity. Evan Gray December 22, 2009. Scott Wachter. The coaches at Core Performance have provided hundreds of

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