

Fitness The Complete Guide

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3 sets of 12 reps. Squat down and grasp a barbell with your hands roughly shoulder-width apart. Keep your chest up, pull your shoulders back and look straight ahead as you lift the bar. Focus on ...

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~~Fitness : the complete guide (Book, 1996) (WorldCat.org)~~

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~~THE COMPLETE GUIDE TO SURF FITNESS — Museum of British Surfing~~

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