

The Complete Book Of Core Training: The Definitive Resource For Shaping And Strengthening The 'Core' -- The Muscles Of The Abdomen, Butt, Hips, And Lower Back By Kurt, Brett, & Mike Brungardt

By Kurt, Brett, & Mike Brungardt

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Kurt Brungardt (Author of The Running Revolution) -

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Biography of Author Kurt Brungardt: Booking -

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