

Sandbag Training Bible Functional Workouts To Tone Sculpt And Strengthen Your Entire Body

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Sandbag Training Bible Functional Workouts to Tone

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The Functional Training Bible Guido Bruscia

- Guido Bruscia is a Master Trainer popular in Italy and abroad for functional and kettlebell training He is technical director of the Functional Training School teacher at institutions of education for fitness and body building personal trainer and fitness coach

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- A highly effective strength training program using the simplest most affordable "unstable weights". Simple in design sandbags are the most challenging and versatile training tool around

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