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how would you like to own a world class body whatever your present condition by doing only two exercises for twenty minutes a day a body so lean ripped and powerful looking you won t believe your own reflection when you catch yourself in the mirror and what if you could do it without a single supplement without having to waste your time at a gym and with only a 150 bucks of simple equipment and how about not only being stronger than you ve ever been in your life but having

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both the soviet special forces and numerous world champion soviet olympic athletes used the ancient russian kettlebell as their secret weapon for extreme fitness thanks to the kettlebell s astonishing ability to turbo charge physical performance these soviet supermen creamed their opponents time and time again with inhuman displays of raw power and explosive strength now former spetznaz trainer international fitness author and nationally ranked kettlebell lifter pavel tsatsouline delivers this secret soviet weapon into your hands

consists of short stories serial stories poems short factual essays and biblical commentaries

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