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May 08, 2013 In 12 exercises deploying only body weight, An article in the May-June issue of the American College of Sports Medicine's Health & Fitness Journal  
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7 Weeks to Getting Ripped; Ultimate Jump Rope Workouts; Brett can be contacted at brett@ Also on the show was Brett Stewart who has written several fitness  
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GET RIPPED Clear, concise and convenient, The Gym-Free Journal is the most sure-fire way to achieve your fitness goals. By logging your daily exercise and nutrition

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