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Complete Workbook Fitness Workout

**Kurt Brungardt, Mike Brungardt, Brett
Brungardt**



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The Complete Guide to Physical Conditioning for Golfers David G. Keir, 1996 *The Complete Book of Butt and Legs*
 Kurt Brungardt, Mike Brungardt, Brett Brungardt, 1994 A complete lower body fitness guide for everyone with a
 comprehensive collection of the best exercises to strengthen and tone **The Complete Book of Exercisewalking** Gary
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