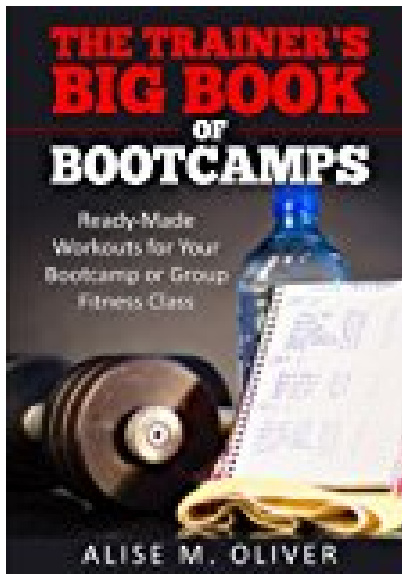


The Trainers Big Book of Bootcamps Ready-Made Workouts for Your Bootcamp or Group Fitness Class



BOOK DETAILS

- Author : Alise M Oliver
- Pages : 218 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1533260095



BOOK SYNOPSIS

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