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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.There is something truly primal about lifting a weight above your head. Its as if our own primitive, caveman-like selves are awakened by practicing the overhead lifts. The Military Press has a particularly unusual ability to make us feel stronger just by merely practicing the lift. Friend and fellow kettlebell instructor, Daniel Byrnes, said it...

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- Authored by Janelle Pica
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