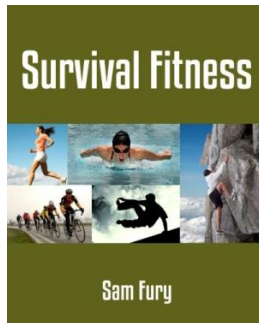


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## SURVIVAL FITNESS: THE 6 BEST BODYWEIGHT TRAINING PHYSICAL FITNESS EXERCISES FOR ESCAPE AND SURVIVAL



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. Shumona Mallick (illustrator). 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Discover a Bodyweight Training Fitness Plan Like No Other! Survival Fitness: The 6 Best Bodyweight Training Physical Fitness Exercises For Escape and Survival will show you how to self-train from little or no knowledge, in 6 physical activities that are most useful in terms of escape and survival and increasing fitness. 3+...

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