



Boot Camp Fitness for All Shapes and Sizes: Complete Manual to Exceed Your Goals

LCol Bob Weinstein Ret, LCol Joseph Weinstein Ret

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Put on your commander's hat. Boot Camp Fitness is a practical and useful complete fitness manual. Find out how to work your cardio, strength, flexibility and abs without the use of a gym.. A combination of self-help, right eating, exercising, how to start a fitness boot camp, weight loss as well as guidance on how to lead a values-based life to the benefit of others and our society. Charts and exercise photos included. Col. Weinstein has been featured on the History Channel and is known as The Health Colonel. More info at TheHealthColonel.com

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