



Flatsnout Fitness

Paul Fiske

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Flatsnout Fitness Paul Fiske

Paul J Fiske has combined his knowledge of military training and professional boxing to create a no-nonsense fitness and nutrition program that delivers as hard and fast as his punches.

Whatever your starting point, his method can work for you. His clients have seen dramatic results, and now you can too.

This comprehensive book includes cardio, weights, nutrition, stretching and well-being advice that will get you looking and feeling good in no time.

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