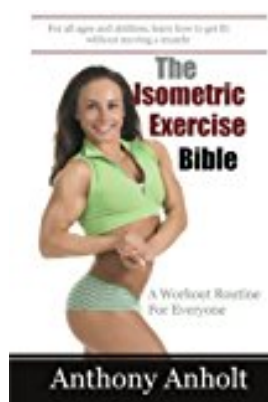


[PDF] The Isometric Exercise Bible: A Workout Routine For Everyone

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Description:

About the Author Anthony Anholt has been interested and involved in athletics and fitness for his entire life. His specialty is “gym less” workouts, or exercise systems that do not require any kind of special equipment. He is also interested in enhancing performance in all sports, but particularly basketball.

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