

A muscular man with a shaved head and a serious expression is shown from the waist up. He is holding two red kettlebells with black handles, one in each hand, positioned over his shoulders. His chest and abdominal muscles are highly defined. The background is dark and out of focus.

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PAUL COLLINS**

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Kettlebell Conditioning 4 Phase Bodybell Training System With Australias Body Coach

Paul Collins



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Kettlebell Conditioning Paul Collins, 2011 **Kettlebell Conditioning** Paul Collins, 2011-12-19

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Dynamic Dumbbell Training Paul Collins, 2010 Every piece of exercise equipment serves a purpose but none more so than the dumbbell commonly referred to as free weights or hand weights Held in either one hand or as a pair in both hands whilst performing exercises dumbbells can be used to create a highly effective and successful exercise program Now Dumbbell Training offers readers a revolutionary new way to get the most out of any exercise plan using the tried and tested 3 Stage Dumbbell Training System

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