

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.

**THE BODY COACH
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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