

Strong Curves: A Woman's Guide To Building A Better Butt And Body By Kellie Davis

By Kellie Davis

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Strong Curves: A Woman's Guide to Building a Better Butt and Body: Bret Contreras, Kellie Davis: 9781936608645: Amazon.com: Books

Dec 30, 2013 Strong is the new sexy. Follow this workout plan by Kellie Davis, strength coach and coauthor of Strong Curves: A Woman's Guide to Building a Better

Compra l'eBook Strong Curves: A Woman's Guide to Building a Better Butt and Body (English Edition) di Bret Contreras, Kellie Davis; lo trovi in offerta a prezzi

Each page is packed with information decoding the female anatomy, providing a better understanding as to why most fitness programs fail to help women reach their goals.

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