



THE FUNCTIONAL TRAINING BIBLE



*Bodyweight & Everyday
Equipment Workouts*

Increased Mobility & Stability

*The Natural Form
of Strength Training*



Guido Bruscia

MEYER
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SPORT

The Functional Training Bible

CL Gary



The Functional Training Bible:

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **The Functional Training Bible** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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