



Kettlebell Fusion: The Revolutionary Kettlebell- Bodyweight 21-Day Program for Men and Women

Michael Stefano

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Master Kettlebell Coach and Firefighter's Workout author, Mike Stefano, shows you how to combine two of the hottest trends in the fitness industry today with his new book, Kettlebell Fusion comes with live video footage photo illustrations, along with Mike's easy-to-follow, 21 day (repeatable) program for a) weight loss b) sports performance and c) general fitness. If you love old school training, with a cutting edge twist, Fusion is the program for you. Put Mike's Stefano's 25 years as a fitness expert to work for you in this easy to follow fitness plan.

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