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By Charles Bronson, Stephen Richards

John Blake Publishing Ltd. Paperback. Book Condition: new. BRAND NEW, Solitary Fitness (New edition), Charles Bronson, Stephen Richards, Charlie Bronson has spent three decades in solitary confinement, and yet has stayed as fit as a fiddle, gaining several world strength and fitness records in the process. Now, in this no-nonsense guide to getting fit and staying fit, he reveals just how he's done it. Forget fancy gyms, expensive running shoes and designer outfits, what you need are the facts on what really works and the motivation to get on with the job. From his cell at Wakefield Prison, Charlie has compiled this perfect guide to show you the best way to burn those calories, tone your abs and build your stamina giving you the know-how you need to be at the peak of mental and physical form.

Reviews

Comprehensive guide! Its this sort of very good go through. It generally is not going to price too much. Its been designed in an remarkably basic way which is simply following i finished reading this pdf where really changed me, affect the way i really believe.

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Without doubt, this is the very best work by any writer. Indeed, it can be play, still an amazing and interesting literature. I am just very easily can get a pleasure of reading through a written pdf.

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