

600 Push-ups 30 Variations By Bob Weinstein

By Bob Weinstein

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600 Push-ups 30 Variations is a handy little book, jam-packed with information. As a Black Belt and someone who travels frequently, I'm always on the lookout for ways

This is the biography page for Health Colonel Publishing. 600 Push-ups 30 Variations by Bob Weinstein, Lt. Colonel, US Army, Ret. Price: \$5.95 USD.

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