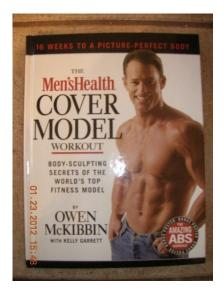
The Men's Health Cover Model Workout: Body-Sculpting Secrets of the World's Top Fitness Model PDF



by Owen McKibbin : **The Men's Health Cover Model Workout: Body-Sculpting Secrets of the World's Top Fitness Model** ISBN : #1579547443 | Date : 2003-03

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PDF-1d4cc | The secrets to a great body, from a guy who knows them allWhat can you learn from a guy with a broken back, two bum knees, and a surgically reconstructed shoulder? When that guy is Men's Health cover model, athlete, and fitness icon Owen McKibbin, the answer is "lots."Carve incredible abs in less than 5 minutes a day.Build total-body muscle in 3 hours a week.Stay injury-free with Owen's unique "in... *The Men's Health Cover Model Workout: Body-Sculpting Secrets of the World's Top Fitness Model*

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