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'the minimalist guide to strength simple and sinister June 1st, 2020 - hi thank you for this book tips i have listen to it twice now im at the last week on a 12 week kb program and i have fallen in love with kettlebells so i think that i will use the simple amp sinister program for a couple of weeks then start over with the 12 week program and try to use it together with the simple amp sinister program because i would like to improve my turkish get up'

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