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Kettlebell Circuit Training: Hardcore Kettlebell Workouts About the Authors James McHale is an endurance , Exercise, Health & Fitness, Men 's Health

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Chohwora Udu is the author of Spartan Warrior Circuit Training (2.33 avg rating, 3 ratings, 0 reviews, published 2012), Kettlebell Workout (1.00 avg rati

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