

What you should demand from your Personal Trainer: Guide to better understand your fitness program for results! (Changing Lives through the Personal Trainers Eyes Book 1)

Derek Feldman



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What you should demand from your Personal Trainer: Guide to better understand your fitness program for results! (Changing Lives through the Personal Trainers Eyes Book 1) Derek Feldman Transforming the best you through fitness! This guide will motivate, educate, and shares the journey you will encounter from a personal trainers eyes! The education and personal experiences will allow me to help you on this adventure to succeed and have sustainability!

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