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Expensive Gear To Be As Fit As Me By Charles
Bronson;Stephen Richards**

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Andra ursuta, " solitary fitness"

Charles Bronson, known as Britain's most unruly prisoner, serves as the point of departure for Andra Ursuta's latest show, which takes its title from a fitness book

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True believer or not. Solitary Fitness is a very good book. The overall philosophy of training the book preaches is to make the system fun, and enjoyable.

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