

Joe DeFranco Power Manual

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The Main Load & Explode Manual Developed by Joe DeFranco and myself, the warm-up system (AMPED), power development (POWER), real-world strength training

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Amped warm-up system: joe defranco, jim smith:

This package will contain: AMPED Warm-up - DVD Disc 1 & 2 AMPED Warm-up Manual AMPED Warm-up Quick Reference Guide Jim Smith and Joe DeFranco team up again to bring

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Jul 10, 2010 Joe DeFranco & Jim Smith discuss their new, soon-to-be-released DVD/Manual - AMPED WARM-UP! You will be able to purchase this product at www.AmpedWarmup.com!

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Joe DeFranco is the author of Built Like A Badass - The 12-Week Blueprint To A Muscular, Athletic Physique (0.0 avg rating, 0 ratings, 0 reviews), Speed

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