

**THE FITNESS RESPONSE: 21 STEPS TO MODEL YOUR
WAY TO A FIT, FABULOUS BODY**

Aaron Poitier

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The Fitness Response: 21 Steps to Model Your Way to a Fit, Fabulous Body by Richard Kelley
By understanding the principles of "The Fitness Response", you
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Richard Kelley MD
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Fitness Expert, Dr. Richard Kelley has been interviewed for the new book, The Fitness Response: Steps to 'Model' Your Way to Fit, FABULOUS BODY! as.

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