

The book was found

Gunnar Peterson's CORE SECRETS 2 DVD SET: BUN BATTLE & ACCELERATED TRAINING CAMP (An Advanced Full Body Workout) With Brooke Burke



Synopsis

For over 15 years, top-name celebrities and athletes have been crediting their bodies to Gunnar Peterson and his challenging, wide-ranging routines. He has been featured on television and in major publications such as Glamour, Shape and Fitness for his innovative and functional approach to fitness. Gunnar is certified by the National Strength and Conditioning Association (C.S.C.S.) and the American Council on Exercise (C.P.T.) and is a graduate of Duke University.

Book Information

Paperback

Publisher: GUTHY-RENKER Corporation (2003)

Language: English

ASIN: B001AA93LG

Package Dimensions: 7.6 x 5.4 x 1.3 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,753,153 in Books (See Top 100 in Books) #100 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts #777 in Books > Health, Fitness & Dieting > Exercise & Fitness > Quick Workouts #5865 in Sports & Outdoors > Sports & Fitness > Exercise & Fitness > Exercise Videos

Customer Reviews

For over 15 years, top-name celebrities and athletes have been crediting their bodies to Gunnar Peterson and his challenging, wide-ranging routines. He has been featured on television and in major publications such as Glamour, Shape and Fitness for his innovative and functional approach to fitness. Gunnar is certified by the National Strength and Conditioning Association (C.S.C.S.) and the American Council on Exercise (C.P.T.) and is a graduate of Duke University.

Gunner Peterson I think has the best DVD for losing weight and slimming down. The dvds were good and worked perfectly with my dvd player.

[Download to continue reading...](#)

Gunnar Peterson's CORE SECRETS 2 DVD SET: BUN BATTLE & ACCELERATED TRAINING CAMP (An advanced full body workout) with Brooke Burke Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout,

Abs Training) (Bodybuilding Series) Diary of a Steve and his Killer Bunny: Book 2 (Bun-Bun VS Nub-Nub) [An Unofficial Minecraft Book] (Minecraft Tales 62) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Learning: How To Become a Genius & Expert In Any Subject With Accelerated Learning (Accelerated Learning - Learn Faster -How To Learn - Make It Stick - Brain Training) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) The Full Box: Gift Set: Full House, Full Tilt, Full Speed, and Full Blast (Full Series) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Strength Training Anatomy Workout II, The (The Strength Training Anatomy Workout) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) The 90-Day Home Workout Plan: A Total Body Fitness Program for Weight Training, Cardio, Core & Stretching Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Puppy Training: The full guide to house breaking your puppy with crate training, potty training, puppy games & beyond (puppy house breaking, puppy housetraining, ... dog tricks, obedience training, puppie)

Contact Us

DMCA

Privacy

FAQ & Help