



Hard Core Fitness Training Developed in Some of Americas Toughest Prisons

By Steven Hansen

Infinity Publishing. Paperback. Book Condition: New. Paperback. 124 pages. Dimensions: 10.6in. x 8.1in. x 0.5in. A never before seen look inside America's prison system from an inmate's perspective. See the workouts that keep these guys in shape and ready for anything! Includes photos. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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Relevant Books



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