



# Toning Your Core With Bells & Bars Mini eBook

*Brad Schoenfeld*

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# Toning Your Core With Bells & Bars Mini eBook

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## **Toning Your Core With Bells & Bars Mini eBook** Brad Schoenfeld

Toning Your Core With Bells & Bars contains 14 exercises that tone, shape, and sculpt the core and torso, including the chest and back. Using free-weight equipment—dumbbells and barbells—that you most likely have access to either at home or in a gym, you can easily learn the safe way to optimize muscle shape and symmetry.

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