

Jailhouse Strong: Interval Training By Josh Bryant;Adam BenShea

By Josh Bryant;Adam benShea

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"We are proud to present Jailhouse Strong: Interval Training

Jailhouse Strong has been featured in Black Belt Magazine! IFBB Pro Trains Jailhouse Strong.
This training video shows By Adam benShea From

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About JoshStrength. Along with ISSA certifications in fitness training, nutrition, and
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Adam benShea is the author of Jailhouse Strong Jailhouse Strong: Interval Training by Josh
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