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About james orvis-freado

James Orvis is a personal trainer and author. James two previous books are Weight Training Workouts that Work and Weight Training Workouts that Work: Volume II.

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James Orvis is the author of Weight Training Workouts That Work (3.52 avg rating, 27 ratings, 0 reviews, published 2000), Weight Training Workouts that W

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James orvis - google profile

James Orvis is a personal trainer and author. Starting in 1993, James has been teaching, researching, writing and using the best workout and nutritional programs for

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