

# **TOTAL BODY BREAKTHROUGHS**

Glen Crowl

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Resistance band training expert, Dave Schmitz, recently hit ikygavobyn.tk's Best-Seller List with the new book, "Total Body Breakthroughs,".

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He is founder and president of Personal Wellness Corporation, a consulting firm that provides health and fitness testing, education seminars and wellness programs to hospitals, Fortune companies and other organizations. Published January 25th by Celebrity Press first published January 20th  
Without resting, do a chair side bend... With your knees slightly bent, lower your face and chest slowly toward the wall.  
Roxanne rated it really liked it Jun 18, On the day of release, Total Body Breakthroughs reached best-seller status internationally, reaching 9 overall.  
Just a moment while we sign you into your Goodreads account. Cross your hands and arms over your chest.