

# **Essential Abs: An Intense 6-Week Program (The Men's Health Peak Conditioning Guides) By Brungardt, Kurt (2001) Paperback**

## **ISBNdb.com Rodale Books - Publisher Info -**

An Intense 6-Week Program (The Men's Health Peak Conditioning Guides) Brungardt, Kurt 1579542921 ISBN13: 9781579542924 Edition: Paperback; 2001-05-18.

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### **Biography of Author Kurt Brungardt: Booking -**

Find Booking Information on Author Kurt Brungardt such Essential Abs: An Intense 6-Week Program (Men's Health An Intense 6-Week Program (Men's Health Peak

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