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Focus 4 Fitness, the brain child of Rob Sears, owner and lead trainer, has been 10 years in the making. Power Plate Fundamentals Instructor - Power Plate UK.

Michael piercy - personaltrainersof

Michael Piercy. Gender: Male. Mike was the recipient of the 2013 TRX All-Around Instructor of the Year award Power Plate - Power Plate - Fundamentals TRX

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Herve doliska - idea health and fitness

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