

# Crunch Boot Camp Training Vhs Tape 1999 Crunch.pdf

## [Crunch Boot Camp Training \(VHS, 1999\) Susan L. Hitzman ...](#)

Mon, 10 Jun 2019 22:01:00 GMT

*CRUNCH BOOT CAMP Training (VHS, 1999) Susan L. Hitzman (intermediate, advanced) - \$3.34. "CRUNCH BOOT CAMP TRAINING" (Crunch Workout) with Susan L. Hitzman (exercise physiologist, certified instructor and trainer). An efficient, maximum calorie burner workout and whole body toning routine. Each 7.5 minute workout segment has exercises to define, tone and strengthen muscles.*

## [Crunch : boot camp training \(VHS tape, 1999\) \[WorldCat.org\]](#)

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