

Body By Science Doug McGuff

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~~Body By Science Doug McGuff~~

Participants will follow recommendations from the book "Body by Science," which says ... The book's authors – exercise scientist Doug McGuff and weight-training professional John Little ...

~~Could weightlifting improve diabetics' blood sugar?~~

Dresher earned a Master's of Science in Exercise and Science with a concentration ... Her knowledge and expertise provide our team the very best care in total body performance. Our women are trained ...

~~Assistant Strength & Conditioning Coach~~

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