

Get More Be More! – Seasonal Recipes – Exclusive Events



FAITH & FITNESS

MAGAZINE
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FREE TAKE ONE

OCTOBER/NOVEMBER 2014

Bryan Neese
pursuing
POWER
by
LIFTING
lives

BE LIFE

Paul Anderson
Youth Home
Building something much
bigger than record
setting strength.

RYAN CARMAN

My **little** choice
for a **BIG** change

THE DEADLIFT WORKOUT

TOTAL OBEDIENCE

IS TOTAL POWER

FAMILY FITNESS
IN THE MOMENT

DO YOU THROW
A FIT OR
ARE YOU FIT?

