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About Author Craig Ramsay is a personal trainer. He is recognised in the fitness industry for his extensive knowledge and for more than 10 years of experience [stroke of genius: a collection of paintings and musings on life, love and art.pdf](#)

### **Craig ramsay**

Craig Ramsay Host | Speaker | Author | Television Personality | Fitness Programmer For inquiries please contact: Jennifer Wilson at CODED PR [jwilson@codedpr.com](mailto:jwilson@codedpr.com)

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