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This review is from: Get Spartan Shredded: How to Build a Muscular Ripped Physique like a 300 Warrior (Build Muscle, Strength Training, Spartan Workout, Protein Diet

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Change up your leg workout for shredded quads and hamstrings. Posted on Gabe "T-Reks" Tuft is the founder of Body Spartan and author of the ebook "Body

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About Gabe Tuft Gabe "T-Reks" Tuft is the founder of Body Spartan and author of the ebook "Body Spartan: Genesis". He is a former professional wrestler with WWE, Inc

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Scott james (author of get spartan shredded)

Scott James is the author of Get Spartan Shredded (3.50 avg rating, 8 ratings, 1 review, published 2014), Cross Training 101 (3.25 avg rating, 8 ratings,