

# Jailhouse Strong: Interval Training By Josh Bryant;Adam BenShea

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About JoshStrength. Along with ISSA certifications in fitness training, nutrition, and conditioning, Josh has been awarded the prestigious title of Master of Fitness

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### **About the authors | jailhouse strong**

Josh Bryant. Josh Bryant has held Adam benShea. Adam benShea is a Jailhouse Strong Training; Uncategorized; PAGES. [Home](#); [About](#);

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Jailhouse Strong has been featured in Black Belt Magazine! IFBB Pro Trains Jailhouse Strong. This training video shows By Adam benShea From

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