

Trish Muse Strength Attack Pt 01 57min 126bpm

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Trish Muse is a physical therapist, veteran pharmaceutical representative and published author. Frequently featured in Essence, Heart and Soul, Self and Health magazines as well as several others as a fitness consultant, Trish is also an international continuing education presenter and the owner of Body Productions, Inc. She is a popular ACSM certified health fitness instructor and respected personal trainer in the Washington DC area. Trish is the star and creator of the popular exercise videos, Ab Attack and Body Management and star and co-producer of the functional fitness video Rock, Roll and Reggae.

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