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Jeff O'Connell is the author of Sugar Nation (3.52 avg rating, 502 ratings, 101 reviews, published 2011), Spartan Up! (3.98 avg rating, 668 ratings, 137

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Jeff o connell (author of spartan fit!)

Jeff O Connell is the author of Spartan Fit! (0.0 avg rating, 0 ratings, 0 reviews, published 2016)

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Meet Jeff O Connell. JEFF O'CONNELL is the editor-in-chief at Bodybuilding.com, the Internet's largest fitness site. He was Spartan Fit! Joe De Sena

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Apr 23, 2014 Joe De Sena, co-founder of the Spartan Race, De Sena's collaborator is Jeff O'Connell, STACK Fitness Weekly:

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discipline, fitness, Joe DeSena You co-authored Spartan Up! with Jeff O Connell, Spartan Race founder Joe DeSena has collaborated with Jeff O

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and push you hard, but the best part is the amazing support system that Spartan collaborated with Jeff O Connell on this lofty fitness goals, but anyone

Spartan up! by joseph de sena | authors

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