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Gunnar Peterson's CORE SECRETS 2 DVD SET: BUN BATTLE & ACCELERATED TRAINING CAMP (An Advanced Full Body Workout) With Brooke Burke



Synopsis

For over 15 years, top-name celebrities and athletes have been crediting their bodies to Gunnar Peterson and his challenging, wide-ranging routines. He has been featured on television and in major publications such as Glamour, Shape and Fitness for his innovative and functional approach to fitness. Gunnar is certified by the National Strength and Conditioning Association (C.S.C.S.) and the American Council on Exercise (C.P.T.) and is a graduate of Duke University.

Book Information

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Customer Reviews

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Gunner Peterson I think has the best DVD for losing weight and slimming down. The dvds were good and worked perfectly with my dvd player.

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