

Crunches and Curves



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It's been said that "it's not where you start but where you finish" I say there is no finish line so why don't you enjoy the journey, endure the sweat, the struggle, soreness and embrace the daily grind and give it your all, I have made my entire life about fitness. I am Pravin Singh nutrition consultant, fitness coach & a Deep Sea Diver and this is my journey.

For more details, please visit <http://www.indiafinder.in/detail/crunches-and-curves-7913>