

Animal Workouts By David Nordmark



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This is the biography page for David Nordmark. David Nordmark has a life long interest in health and fitness. In the past he has participated in such sports as soccer, basketball and hockey. He also was once an avid runner and weightlifter, but has since come to his senses. Today he mainly does natural exercises like Yoga and the Body Weight exercises found on his website, www.animal-kingdom.com ...

Smashwords - About David Nordmark, author of 'Workout ...

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