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Steve speirs (author of 7 weeks to 100 push- ups)

Steve Speirs is the author of 7 Weeks to 100 Push-Ups (3.60 avg rating, 152 ratings, 16 reviews, published 2009), Steve Speirs s Followers. None yet.

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Steve Speirs is an accomplished marathon runner and trainer and runs the popular website hundredpushups.com.
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