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Brzycki;Fred Fornicola**

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FRED FORNICOLA, B.A., is the owner of Premiere Personal Fitness in Asbury Park, New Jersey. Fred is a fitness professional, personal trainer, strength and

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Fred Fornicola, B.A., is the author of the book *Dumbbell Training for Strength and Fitness and Youth Fitness: An Action Plan For Shaping America's Kids* with Matt

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