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***Charles Bronson's Ultimate Prison Bodyweight Workout | Man ...
Charlie Bronson has spent three decades in solitary confinement, and yet***

has stayed as fit as a fiddle, gaining several world strength and fitness records in the process. Now, in this no-nonsense guide to getting fit and staying fit, he reveals just how he's done it.

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Solitary Fitness Workout Routine - All Photos Fitness ...

Bronson's Legacy Solitary Fitness. There are many books that have attempted to provide insight into this unique man over the years. One that really focuses on his exercise routine, however, is 2007's Solitary Fitness by Charles Bronson and Stephen Richards.

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Solitary Fitness: Charlie Bronson, Stephen Richards ... Back in 2002, Bronson released a book entitled Solitary Fitness, revealing the inner-workings of his bodyweight exercises, prison workout regime and diet. We've collated some of his best fitness tips and exercises into the ultimate prison workout guide, perfect for solitary confinement and quarantine lockdown.

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