

Athletic Abs By Scott Cole;Tom Seabourne

By Scott Cole;Tom Seabourne

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Scott Cole is the author of Athletic ABS (3.60 avg rating, 5 ratings, 1 review, published 2002) and Winter Thunder (0.0 avg rating, 0 ratings, 0 reviews
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Contact Scott Ward April 7, Athletic Abs by Scott Cole and Tom Seabourne. Scott Ward is currently an Exercise Therapist at Hillside Physical Health and Fitness.

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Scott Cole burst onto the fitness scene when he starred in the bestselling videos "Abs of Steel," "Millennium Stretch," and "Discover Tai Chi" video series.

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