

**Strong Is The New Skinny: How To Eat, Live, And
Move To Maximize Your Power By Jennifer
Cohen;Stacey Colino**

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Aug 14, 2013 Name: Alex Rhea Age: 24 Height: 5-foot-5 Feats of strength: At Chaise23, Rhea uses the same weighted bungees as the men (10 pounds!) throughout a 55-minute

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Hey Adam that s a great quick write up on being strong and skinny. I m about to do the same, but you beat me to the punch. LOL . Love the pics too brother!

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Strong is the new skinny

Hello to all the people who thrive to be healthy and fit! This is a blog designed to create motivation and inspiration for anyone who wants it, myself included.

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Labels: strong is the new skinnystrong loladedicationfitnessworkoutcrossfitdecisionstalk the talk and walk the walk. Thursday, November 29, 2012.

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