

# How To Build Muscle In Your Advanced Years By Tony Xhudo

By Tony Xhudo

## How to Build Muscle in Your Advanced Years -

Tony Xhudo How to Build Muscle in Your Advanced Years Language: English Pages: 54 Publisher: CreateSpace Independent Publishing Platform (June 12, 2012)

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tony xhudo. Works at self employed. Lives in Middletown, NY. Old School Body Building: Training With the Legends & How to Build Muscle in Your Advanced Years.

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His best selling books are: How to build muscle in your advanced years, Author, trainer, and board certified health practitioner , Tony Xhudo,

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### **Smashwords About Dawn Xhudo, author of 'The -**

This is the biography page for Dawn Xhudo. Dawn Green was born in New York in 1966. How to Build Muscle in Your Advanced Years by Tony Xhudo M.S., H.N.

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