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Joe DeFranco is full of shit. There I said it. If you have a problem with that statement, then you are wrong.

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Joe DeFranco is the founder and owner of the world-famous DeFranco's Gym (est. 2003). DeFranco s pioneered the hardcore, warehouse-type training centers that

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Joe DeFranco is the author of Built Like A Badass - The 12-Week Blueprint To A Muscular, Athletic Physique (0.0 avg rating, 0 ratings, 0 reviews), Speed

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After 7 months of hard work, I can finally say that the new SPEED training system is here! Joe DeFranco, Mike Guadango and myself have literally devoted the last half

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