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Just because I've retired from spending 200+ days a year on the road teaching ...

**Carl Paoli** LIFE IN MOTION.

**Freestyle Connection Seminar with Carl Paoli / Naka Athletics** For upcoming **Freestyle** Connection Seminars with Coach **Carl**, check <http://gymnasticswod.com/seminars> ! In March 2012, Coach ...

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**Carl Paoli : The Freestyle Way -  
Asking Yourself The Hard Questions  
- Podcast Episode 70 Carl Paoli** was  
one of my biggest influences in  
coaching. Carl is a movement,  
gymnastics and lifestyle design coach  
who rose to ...

**CrossFit, Freestyle, and Gymnastics  
w/ Movement Expert Carl Paoli -  
EPISODE 84** Download our FREE  
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**The Freestyle Way with Carl Paoli**  
This week we have movement specialist

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**Carl Paoli.** He is a former gymnast and has worked with lots of different fitness ...

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## **Position, Movement, and Purpose with Carl Paoli - Barbell Shrugged**

**274** This Week on Barbell Shrugged, We Interview **Carl Paoli** to Discuss: ▷Carl's



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