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THE LITTLE BOOK OF BIG WORKOUTS: A REVOLUTIONARY APPROACH TO FITNESS



Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Book of Big Workouts: A Revolutionary Approach to Fitness, Damien Kelly, Just because you're exercising doesn't mean you're working out! Why do so many people slog away at the gym getting nowhere? It's simple; they're not doing effective workouts! "I like to compare a workout to a work of art," says Damien Kelly, one of Australia's top fitness programmers. "A good artwork is not just paint thrown on the canvas..."

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- Authored by Damien Kelly
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