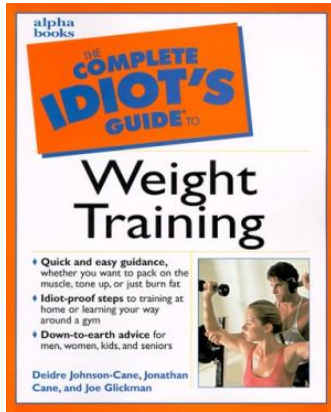


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THE COMPLETE IDIOT'S GUIDE TO WEIGHT TRAINING



ALPHA, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: In the old days, a weight room was the exclusive realm of hardcore bodybuilders who communicated in grunts and aimed to be the size of small buildings. Now research tells us that weight-training can benefit everyone: it works in conjunction with aerobic activity to build lean body mass (in other words, muscle!), strengthen the heart, and burn fat. The Complete Idiot's Guide to Weight...

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- Authored by Johns, Cane Deirdre
- Released at 1999



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Reviews

This publication is definitely not straightforward to begin on looking at but quite fun to see. It really is loaded with wisdom and knowledge You will not really feel monotony at anytime of your own time (that's what catalogs are for relating to should you check with me).

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