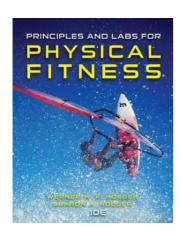
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Cengage Learning, Inc, United States, 2015. Paperback. Book Condition: New. 10th Revised edition. 274 x 213 mm. Language: English. Brand New Book. Discover the benefits of an active, healthy lifestyle with PRINCIPLES AND LABS FOR PHYSICAL FITNESS, 10th Edition! Emphasizing behavioral modification approaches, husband-and-wife fitness gurus Werner and Sharon Hoeger challenge you to improve your life with cardiovascular exercise, strength training, better nutrition, weight management, and overall wellness. Thoughtfully written with a variety of learning features, PRINCIPLES AND LABS...

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- Authored by Sharon A. Hoeger, Wener Hoeger
- Released at 2015



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