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Protips Media. Paperback. Book Condition: New. Paperback. 108 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Johnny Aliotti is a certified personal trainer, fitness expert, and competitive body builder, still in fantastic shape even in his fifties. He now offers his comprehensive guide to staying fit and healthy by working out with dumbbells. In addition to the workout techniques, the book includes his favorite fitness oriented recipes. For all levels, first time to advanced, Johnny takes you through it - 15 Illustrated...

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