



## Ultrafit: Your Own Personal Trainer

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By John Sheperd

Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Ultrafit: Your Own Personal Trainer, John Sheperd, Whether someone is thinking about joining a gym, is just starting out on a training programme, or has been working out for years, Ultrafit is filled with essential information to help them understand how the body works, how to exercise effectively, and the techniques to get and stay fit. Ultrafit includes chapters on: weight training fat burning flexibility circuit resistance working out at home training for power and speed nutrition.



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