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# EXERCISE EQUIPMENT: SELECTING THE BEST FOR CARDIO WORKOUTS



Speedy Publishing LLC, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*.It has been determined that cardio workouts are best for you but how do you decide which equipment is best to purchase for your home gym. Exercise Equipment: Selecting the Best for Cardio Workouts provides all of that information and more. The reader gets the opportunity to learn all about the various categories of cardio exercise...

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- Authored by Barry Cromer
- Released at 2013



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