

5 FITNESS TRICKS



Evolution Publication



Fitness Workout Tricks

David Porter



Fitness Workout Tricks:

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The 30-Minute Fitness Solution JoAnn Manson, Patricia Amend, 2001-04-16 Just 30 minutes a day of exercise can save a life This four step practical plan helps readers avoid excuses and get on the track to fitness Includes an illustrated program guide sensible activities a weight loss plan and more Illustrations

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photographs shot on location at Gold s facilities this book on fitness features tips on getting started and staying motivated warming up and stretching choosing the right exercises for your specific goals avoiding injuries and eating the right food

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