



Fitness equipment (U.S. Army Green Berets. Navy SEALs. airborne rescue group. fighting control(Chinese Edition)

By MA KE LAO LUN . QIAO SHU YA KE LA KE ZHU . CAI JIE YI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown Pages: 223 in Publisher: Beijing Science and Technology Press Information Original Price: 49.00 yuan Author: Mark Lauren. Joshua Clark book Cai Jie Translation Publishing House: Beijing Science and Technology Press ISBN: 9.787.530.459.928 Page: 223 Revision: 1 Binding: Paperback: 16 Published: 2012 -9-1 printing time: the number of words: Product ID: 22.871.143 Description elite U.S. Special Forces physical fitness instructors - Mark Lauren. summarized and Development out of this is a simple. comprehensive training methods without dumbbells. barbells. not to go to the gym. only need your own body. can be performed anytime. anywhere! Regardless of gender. age. weight and fitness level. everyone from the book to find their own reps and fitness plan. Week only need two hours. you will be able to quickly achieve the target: less fat. more physical. more confident! About the author Mark Lauren is a physical education specialists in the U.S. military. special operations managers. triathlete. a top Muay Thai hand. He had trained nearly 1.000 soldiers. so that they reach the extreme physical demands of the most elite special...



Reviews

It in just one of my personal favorite publication. It is among the most awesome publication i have read. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Delia Rutherford

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