



aerobic exercise (fitness program guide book) (Chinese Edition)

By WANG SHI TAO // WANG YONG CHAO

paperback. Condition: New. Language: Chinese. Pages Number: 122 Publisher: Jilin Publishing Group Pub. Date: 2010-01-01 version 1 2011-07-01 1st printing. Bentao Shu illustrated. practical. into ball games. gymnastics. fitness. traditional martial arts. snow sports. water sports. sports dance. sports. fighting sports. folk sports and extreme sports such as items in 10 categories. namely. 100 volumes. according to a uniform style. and strive to be innovative. The specific content of the book's origin and development of t.



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