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BETTER BODY (PAPERBACK)



Bloomsbury Publishing PLC, United Kingdom, 2005. Paperback. Condition: New. Language: English . Brand New Book. Easy-to-use, practical and packed with tips and advice, this full-colour guide gives you all the information you need to develop muscle, create great body definition or simply to improve your overall physique. It includes exercises to work out both the upper and lower body, muscle-building techniques, nutritional advice and tips on getting and staying motivated. All these elements are then brought together in six weekly...

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- Authored by Anita Bean
- Released at 2005



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