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The Miller Fitness Plan

By Carl Miller

Sunstone Press, United States, 2005. Paperback. Book Condition: New. 279 x 206 mm. Language: English . Brand New Book ***** Print on Demand *****.This readable, easy-to-follow guide to physical fitness incorporates Olympic coach Carl Miller's lifetime of experience. The book discusses the benefits of the motions used in Olympic-style weight lifting that contribute to strength, endurance and flexibility and Miller has fine-tuned his approach with decades of hands-on work with clients, both men and women, from age 9 to 90. The Miller Fitness Plan works for everyone, from athletes training for competition to reformed couch potatoes and people with physical challenges. Athletic weight training movements serve as a core for sound physical fitness, enabling people of all ages and abilities to see long term benefit, and have fun while exercising. Complete with photo illustrations, testimonials for those who have used the Miller Plan and advice on motivation, this book is a unique, user-friendly manual for getting and staying in shape that can be done at any gym or at home. CARL MILLER is the founder and co-owner, along with his wife, Sandra Thomas, of Carl and Sandra's Physical Conditioning Center which has been serving Santa Fe, New Mexico...



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