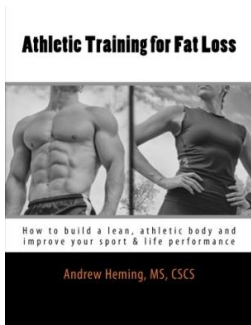


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## ATHLETIC TRAINING FOR FAT LOSS HOW TO BUILD A LEAN, ATHLETIC BODY AND IMPROVE YOUR SPORT LIFE PERFORMANCE



CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 196 pages. Dimensions: 11.0in. x 8.5in. x 0.5in. This book was written with two people in mind: 1) The Athlete. When you get leaner the right way, all performance qualities including speed, vertical jump, agility and endurance are improved while injury risk goes down 2) The Everyday Person who wants to look and feel like an athlete. This book will show you how to develop a hard, lean...

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- Authored by Andrew B Heming
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-- **Orin Blick**

*Extensive guideline! It's this kind of very good study. It really is full of knowledge and wisdom. I discovered this book from my dad and he encouraged this publication to understand.*

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