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THE SENIORS WORKOUT: STRETCHES, EXERCISES AEROBICS



Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English. Brand New Book ***** Print on Demand *****.Dr. McConnell's book is a helpful guide for older men and women seeking to maximize their physical potential as they age. The Seniors Workout offers a systematic fitness program that addresses the unique conditioning needs of people over the age of sixty. Its series of stretches, exercises and aerobic activity touch the key determinants influencing the physical..

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- Authored by Dr Larry McConnell
- Released at 2015



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