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BODYWEIGHT RAINING GUIDE MIKE FISHER

BODYWEIGHT TRAINING GUIDE: THE ULTIMATE NO GYM WORKOUT MANUAL

> Createspace, United States, 2014. Paperback Book Condition: New. 226 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****.Get a great workout. anywhere. Without an expensive gym membership. Regular exercise is part of a healthy lifestyle but many people find excuses to avoid it. Whether you have a busy schedule or a tight budget, you can still reap the benefits of exercise by working out in the convenience of your own home, or just about anywhere...

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- Authored by Mike Fisher
- Released at 2014



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