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Complete Workbook Fitness Workout

**Kurt Brungardt, Mike Brungardt, Brett
Brungardt**

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The Easy Fitness Workbook Lorna Lee Malcolm, 1999-01-01 The easy fitness workbook brings all the benefits of a personal trainer into the home without the expense Written by a Reebok master trainer who was voted Fitness Leader of the Year in 1999 and illustrated throughout with color photographs this workbook analyzes the most common problems associated with building fitness and gives specific instructions on how to overcome those problems The book and CD also feature guided warm ups and cool downs Each of the 20 exercises is accompanied by clear advice on its benefits and each has its own solutions and variations page Specially developed to suit all ages and levels of ability The easy fitness workbook teaches even reluctant readers how to improve heart health on a doctor's advice enhance a weight reduction program or train for a specific physical challenge or activity such as a camping vacation in the wilderness

The Complete Book of Resistance Training Tony Lycholat, 1990 Rockport's Complete Book of Exercise Walking Gary

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The Complete Book of Home Decorating Friedman Fairfax Publishers, 1999-03 **The New York Road Runners Club**

Complete Book of Running and Fitness Fred Lebow, Gloria Averbuch, New York Road Runners Club, 1998 This the complete guide to running for everyone from the casual jogger to the ultra marathoner The latest on training nutrition and motivation is included here with race calendars 26 week training programs and lists of contact names

The Complete Manual of Fitness and Well-being, 1984 The Complete Book of Butt and Legs Kurt Brungardt, Mike Brungardt, Brett

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