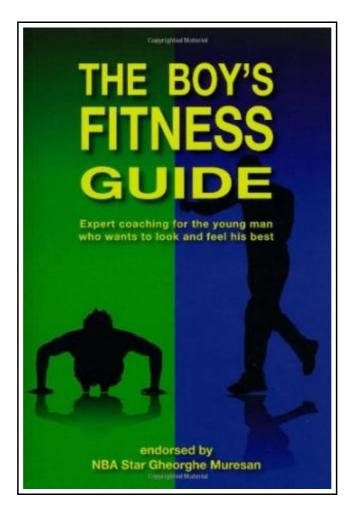
The Boy's Fitness Guide: Expert Coaching for the Young Man Who Wants to Look and Feel His Best



Filesize: 5.65 MB

Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

THE BOY'S FITNESS GUIDE: EXPERT COACHING FOR THE YOUNG MAN WHO WANTS TO LOOK AND FEEL HIS BEST



Boy's Guide Books. Paperback / softback. Book Condition: new. BRAND NEW, The Boy's Fitness Guide: Expert Coaching for the Young Man Who Wants to Look and Feel His Best, Frank C Hawkins, Rares Nick Morar, Gheorghe Muresan, J C Hawkins, This fitness and health handbook has everything young men need to set up an exercise program and keep it going. "The Boy's Fitness Guide" is developed by fitness experts and packed with easy-to-understand words and illustrations on how to exercise, eat right, and take care of their bodies--just what they need to build confidence and self-esteem.

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