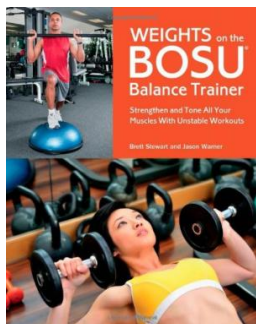


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WEIGHTS ON THE BOSU BALANCE TRAINER: STRENGTHEN AND TONE ALL YOUR MUSCLES WITH UNSTABLE WORKOUTS



Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Weights on the BOSU Balance Trainer: Strengthen and Tone All Your Muscles with Unstable Workouts, Brett Stewart, Jason Warner, TAKE YOUR WORKOUT TO THE NEXT LEVEL Pairing weights with the BOSU(R) Balance Trainer's unique unstable platform is the ideal way to get in shape, burn fat and develop powerful, lean muscles. The lifting builds and sculpts primary muscles, while the balancing tones secondary and supporting muscles for maximum results. This book's unique...

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