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SENIOR WORKOUTS - STAY FIT AND HEALTHY



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Benefits of Exercise Chapter # 1: What good does it bring? Chapter # 2: Comprehensive List Chapter # 3: Falling Down Aerobic Training Chapter # 1: Introduction Chapter # 2: Weeks 1, 2 3 Chapter # 3: Sample Activity Log Strength Training Chapter # 1: Introduction Chapter # 2: Upper Body Exercises Chapter #...

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