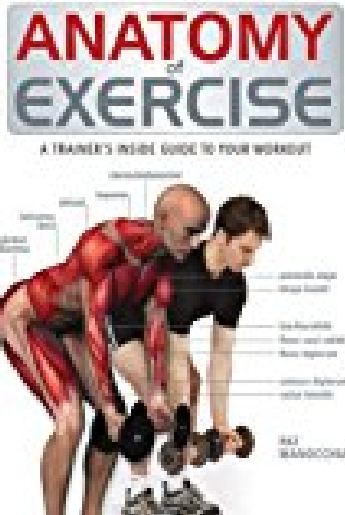


Anatomy of Exercise A Trainers Inside Guide to Your Workout



BOOK DETAILS

- Author : Pat Manocchia
- Pages : 192 Pages
- Publisher : Firefly Books
- Language : English
- ISBN : 1554073855

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BOOK SYNOPSIS

Offers instructions and tips on how to complete different exercises, along with color illustrations that highlight the muscles involved in each exercise.

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