

Your Best Body Ever



[Your Best Body Ever_ 下载链接1](#)

著者:Goa, Anita/ Birch, Beryl Bender (FRW)

出版者:McGraw-Hill

出版时间:2004-04-01

装帧:Pap

isbn:9780071423625

The first complete, individualized program that integrates the best of all workouts

If you already train with weights

...you can learn to maximize endurance, increase flexibili

作者介绍:

目录:

[Your Best Body Ever_ 下载链接1](#)

标签

其他

评论

[Your Best Body Ever_下载链接1](#)

书评

[Your Best Body Ever_下载链接1](#)