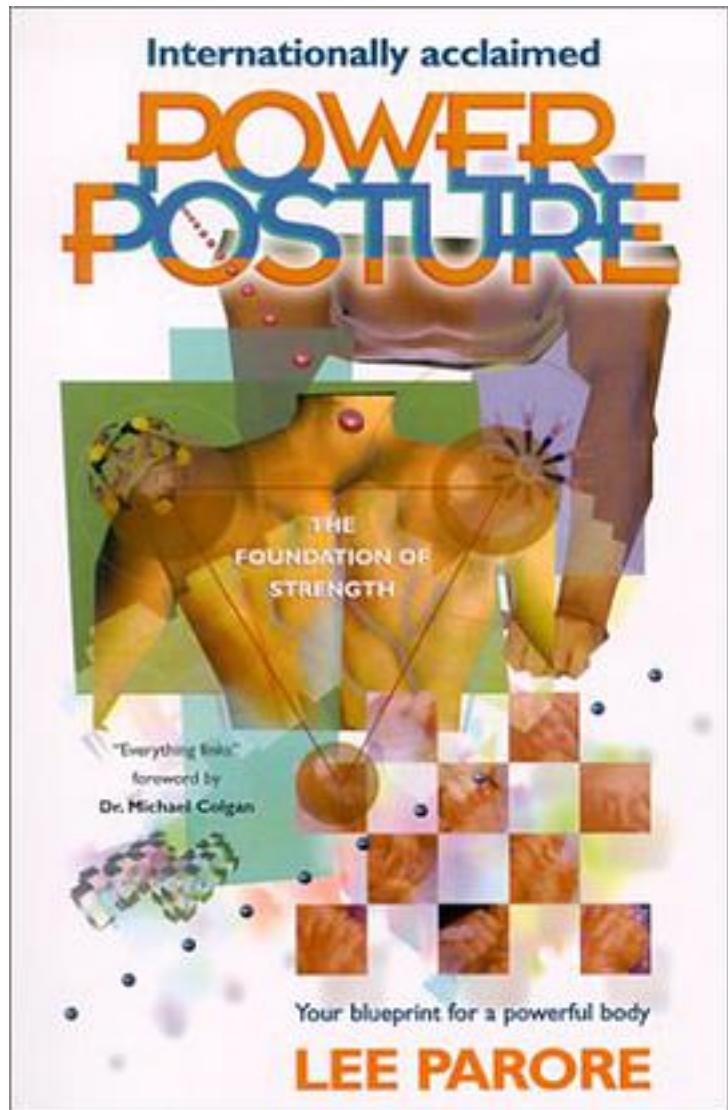


# Power Posture



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出版者:Apple Tree Pub Co Ltd

出版时间:

装帧:Pap

isbn:9781896817224

Poor posture leads to poor structure, which can greatly influence your physical strength and natural body movements. "Power Posture" explains how to build the body from the inside out, for physical longevity and athletic power.

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