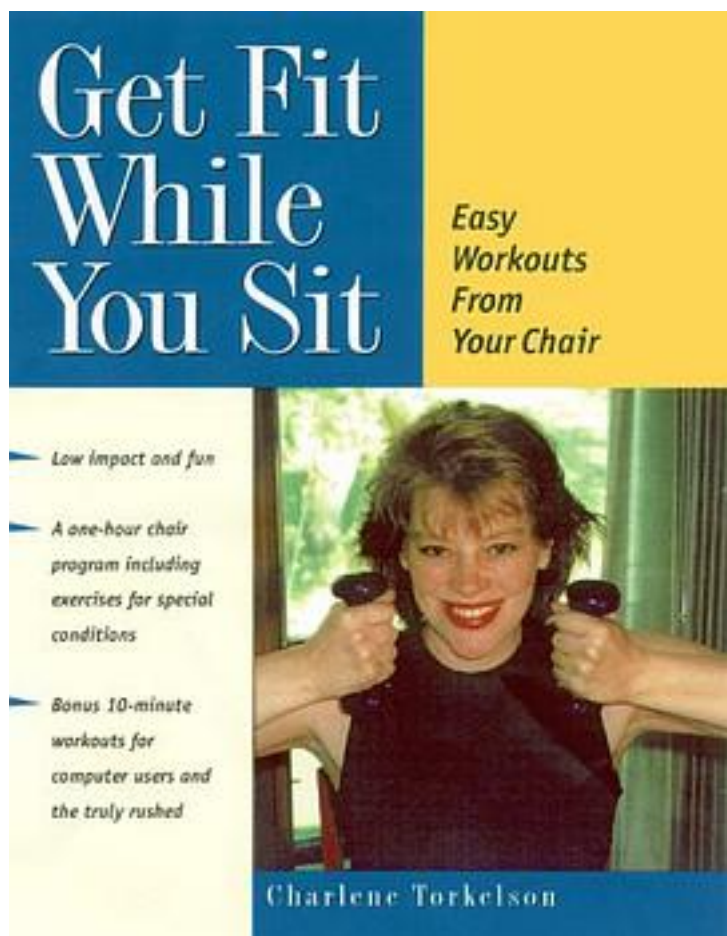


Get Fit While You Sit



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著者:Charlene Torkelson

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Aimed at anyone who wants to get or stay in shape, this book provides an exercise program that can be done entirely from a chair. Includes bonus 10-minute workouts for computer users and the truly rushed. 82 photos.

作者介绍:

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