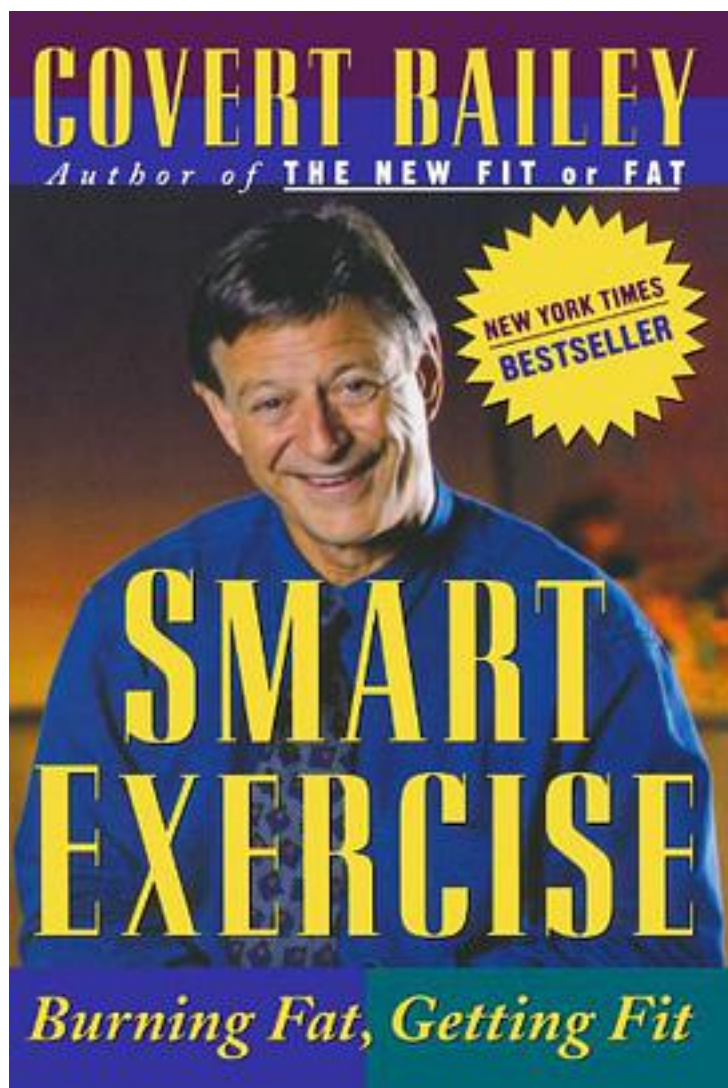


# Smart Exercise



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著者:Bailey, Covert

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Best-selling author Covert Bailey has revolutionized thinking about health and fitness. Smart Exercise is a comprehensive guide to exercise and a lucid explanation of how our bodies stay fit or fat. Most important, Smart Exercise reveals the world's best-kept secret about fitness: keep your muscles in peak form and everything else will follow. Using his famous sense of humor to great effect, Bailey explains how muscles function, describes the multiple benefits of a good workout, and shows why muscle efficiency is the key to lowering body fat and improving general health. Take Covert's Home Fitness Test, make this book your exercise bible, and enjoy the benefits of being in the best shape of your life.

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