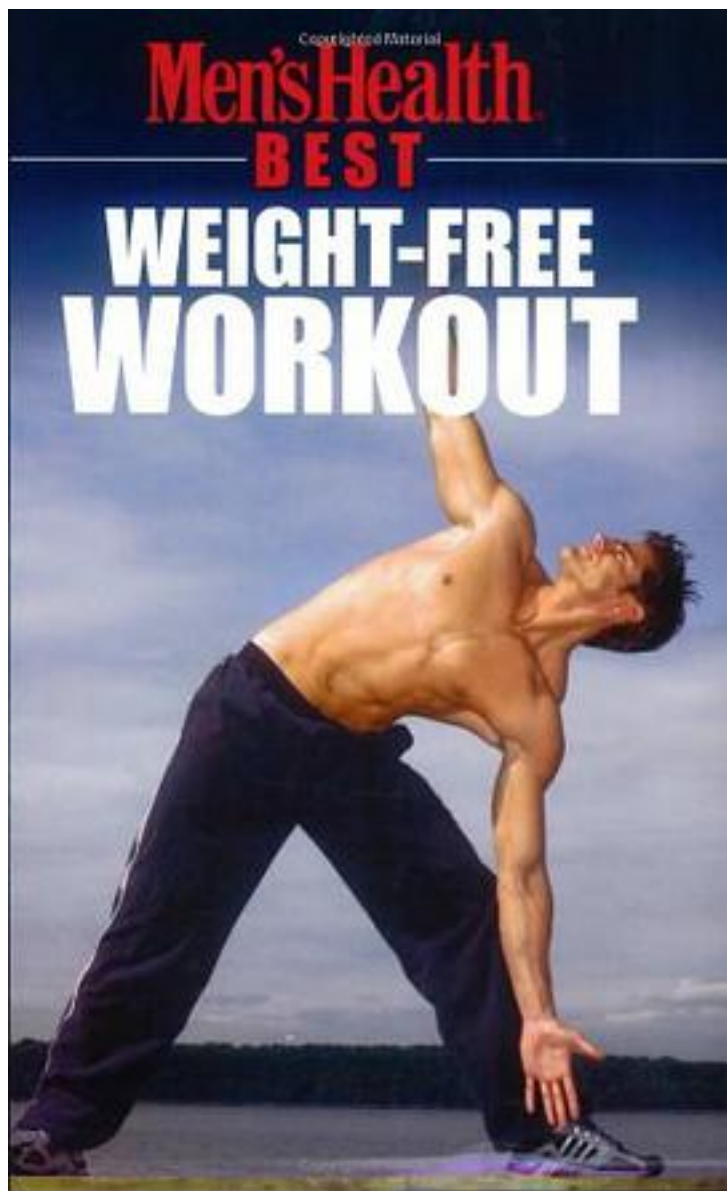


# Men's Health Best



[Men's Health Best\\_ 下载链接1\\_](#)

著者:Kita, Joe 编

出版者:St Martins Pr

出版时间:

装帧:Pap

isbn:9781594863547

From the largest men' s lifestyle magazine in the world come the next two books in this essential series on men' s physical fitness Men' s Health Best: Arms offers readers everything they need to know to build and sculpt their arm muscles. It includes information on diet, stretching, and arm anatomy, as well as effective exercises for focused arm training.

作者介绍:

目录:

[Men's Health Best\\_ 下载链接1\\_](#)

标签

评论

-----  
[Men's Health Best\\_ 下载链接1\\_](#)

书评

-----  
[Men's Health Best\\_ 下载链接1\\_](#)