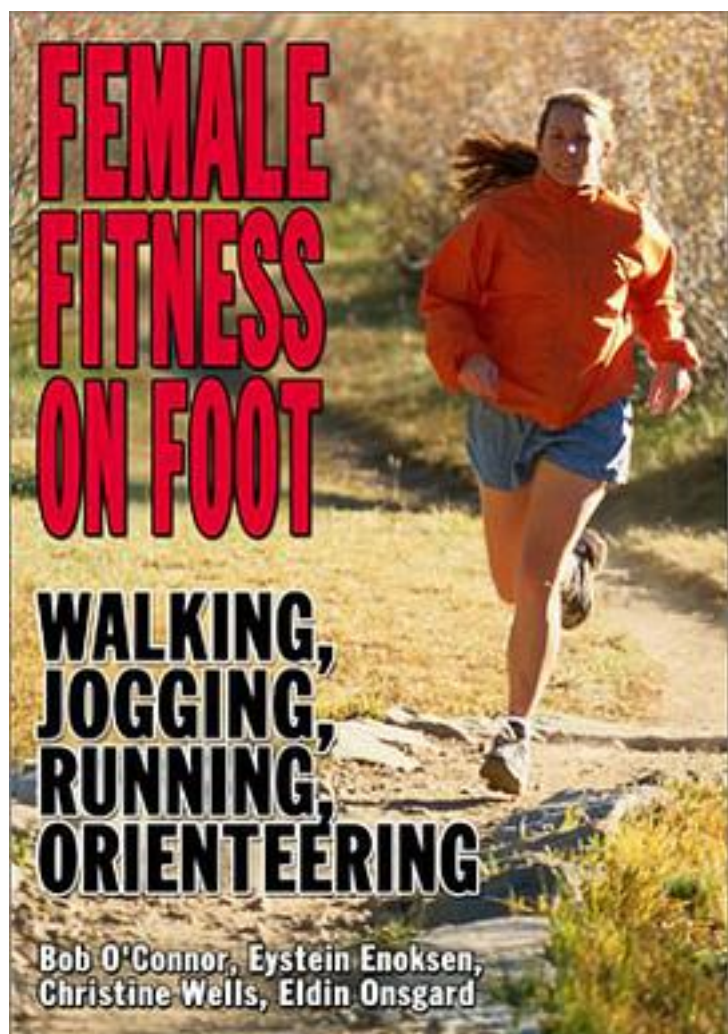


Female Fitness On Foot



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Most popular personal fitness programs involve walking, jogging or running. Whether

you are an experienced athlete or a beginner looking for a fitness program, this book will help you get the most out of your fitness regimen, be it walking, running, jogging or orienteering, one of the fastest-growing sports for those who like to challenge their brains while conditioning their bodies.

作者介绍:

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