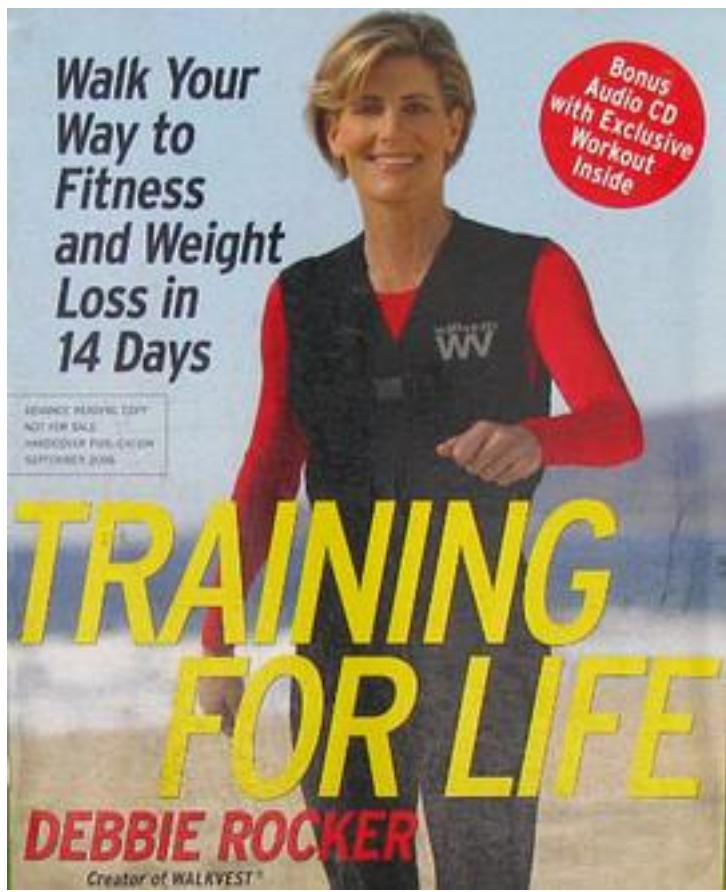


Training for Life



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著者:Rocker, Debbie

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Fitness trainer Debbie Rocker, a cycling world record holder, is one of the original developers of Spinning and in 2003 created WALKVEST, an adjustable weighted vest that tones and sculpts the body by increasing resistance to any ordinary workout and this 'next generation of functional exercise appeal' has received loud applause from O magazine, Shape, Travel and Leisure and Esquire. Now, Debbie Rocker takes her

special approach to weight loss. Training for Life shows the reader how to train your mind to think of exercise and eating correctly. She includes fitness and walking basics, dietary recommendations, additional upper body workouts and a 14 day programme. Her highly personalised workouts will tone muscles, build bone density and speed weight loss - and will provide the confidence and emotional balance one needs to maintain a healthy lifestyle.

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