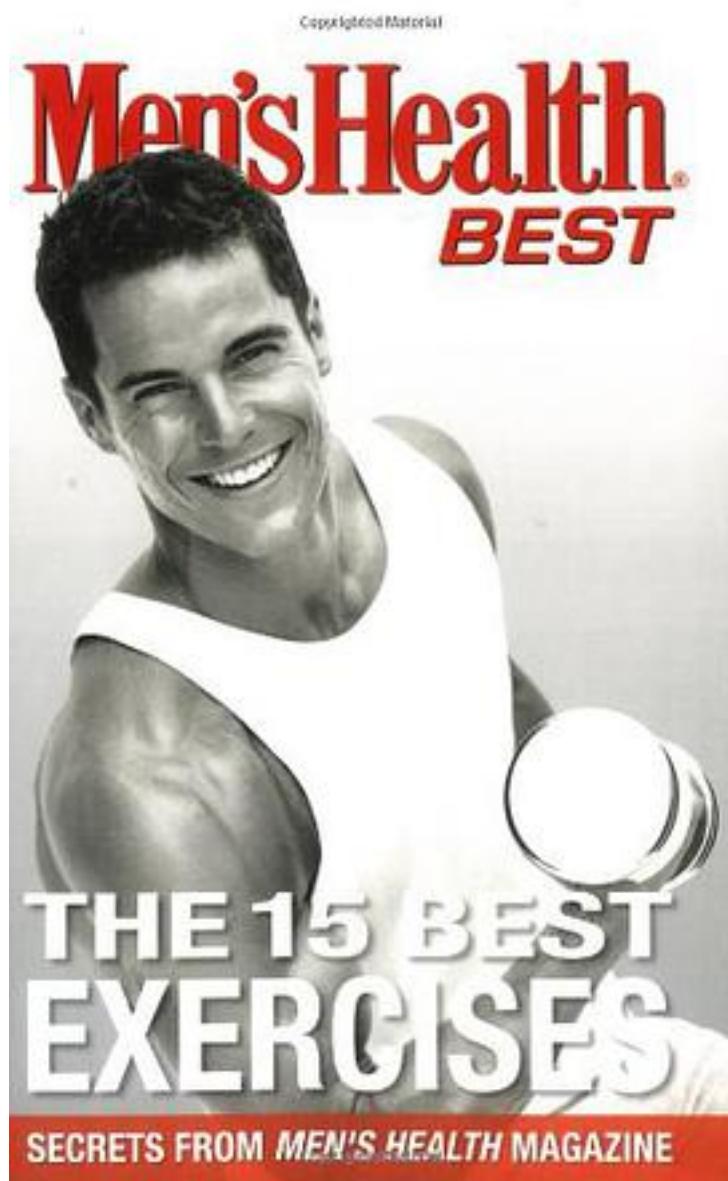


Men's Health Best the 15 Best Exercises



[Men's Health Best the 15 Best Exercises 下载链接1](#)

著者:Kita, Joe 编

出版者:St Martins Pr

出版时间:2006-3

装帧:Pap

isbn:9781594863554

Men's Health Best: The 15 Best Exercises gives readers all the information they need to create an effective exercise program for total-body strength and toning. It offers information on diet and stretching, tells which muscles are being worked with each exercise, and shows how to combine the 15 exercises into a wide range of workouts that are both varied and challenging.

作者介绍:

目录:

[Men's Health Best the 15 Best Exercises 下载链接1](#)

标签

评论

[Men's Health Best the 15 Best Exercises 下载链接1](#)

书评

[Men's Health Best the 15 Best Exercises 下载链接1](#)