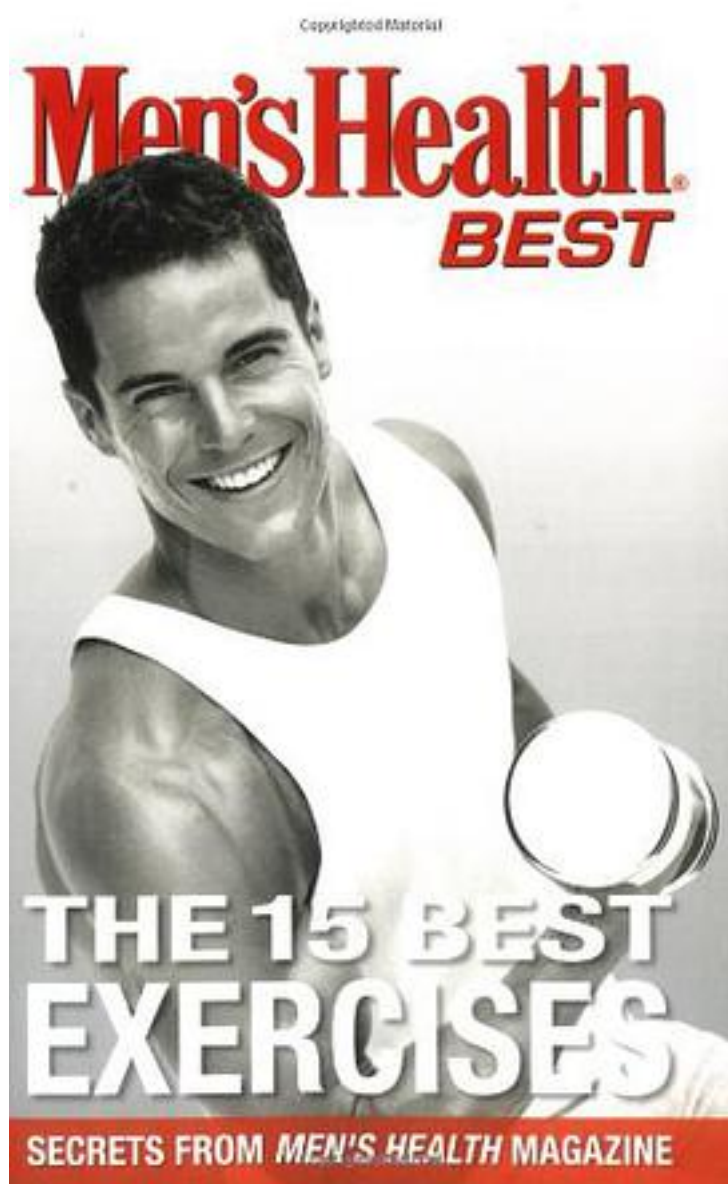


# Men's Health Best the 15 Best Exercises



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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:

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