

# 10 Minute Workouts



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出版者:

出版时间:2005

装帧:

isbn:9780760777855

作者介绍:

These simple exercise routines, presented on 50 handy cards, have all been specially devised to take up only ten minutes of your time. All the key areas of the body are targeted from tums to vums, hips to thighs and arms to legs. There are stretches and aerobic exercises, and introduction cards offer tips on nutrition and lifestyle.

目录:

[10 Minute Workouts\\_ 下载链接1](#)

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