

# U S FITNESS BK



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If you have decided that it is time to get in shape, you have a rewarding adventure ahead. The programs in this book are designed to help you condition yourself and achieve physical fitness on a sound, progressive basis.

Each program incorporates principles that can help you increase your strength, stamina, and flexibility; look, feel, and work better; and enjoy life to its fullest.

Like millions of adult Americans who recognize the virtues of physical fitness and would like to achieve it, you probably have wondered what to do, how to begin, how far to go. You may question whether you can spare the time, whether fitness is something that can be achieved by busy people with little time to spare.

These programs are designed so that you

作者介绍:

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