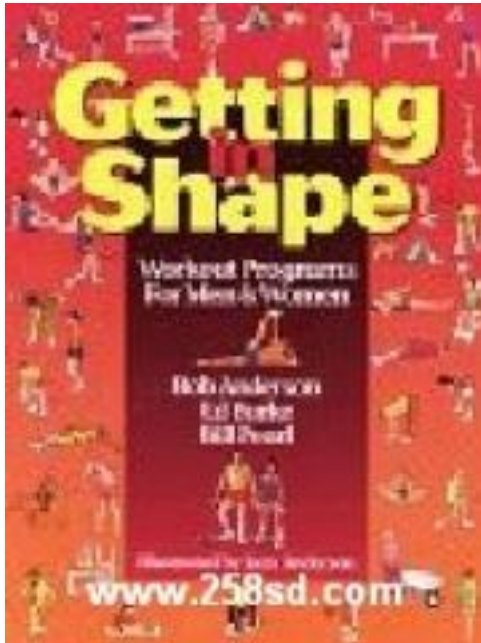


Getting in Shape: Workout Programs for Men and Women



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著者:

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Amazon.com Bob Anderson is the author of *Stretching*, a flexibility handbook that has sold in the millions. Bill Pearl, a bodybuilding legend, is coauthor of *Getting Stronger*, which is considered by many to be the most important book ever on weight training. Ed Burke, coauthor of *Fitness Cycling*, is a bicyclist and researcher who helped American cyclists catch up to their European counterparts in the Olympics and other international competitions. *Getting in Shape* combines their three areas of expertise into basic and advanced programs for anyone who wants to look and feel better. The book also contains simple, straightforward and useful chapters about diet, health, and the ways the body works (and doesn't work). From Library Journal

Readers of this book will be exercising with the best: Anderson's Stretching (1980) has sold over a million copies in 18 countries; Bill Pearl, a four-time Mr. Universe, authored the best-selling Getting Stronger; and Edmund Burke has guided the U.S. cycling team to numerous Olympic medals. Copyright 1994 Reed Business Information, Inc. See all Editorial Reviews

作者介绍:

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