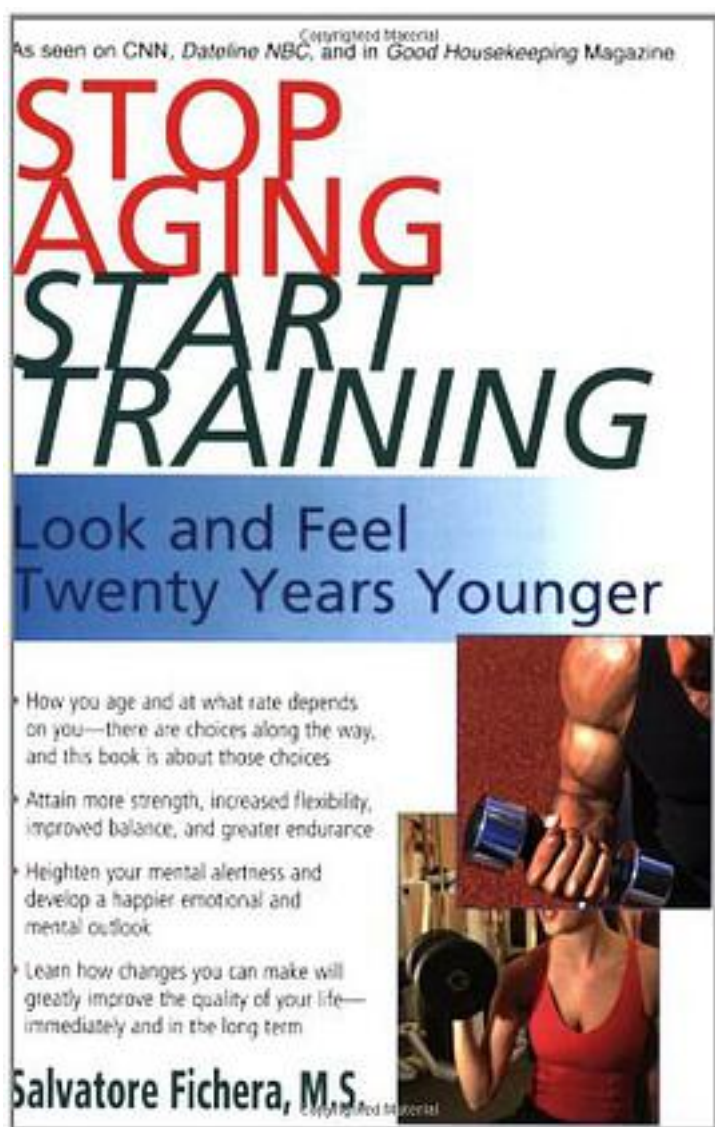


Stop Aging - Start Training



[Stop Aging - Start Training 下载链接1](#)

著者:Fichera, Salvatore

出版者:

出版时间:2008-4

装帧:

isbn:9781591202189

This book is for anyone who has begun to notice his or her body is aging and is interested in living a longer, stronger, happier life. It utilizes the three most important components of exercise - variety, proper technique, and intensity - to show followers of the program solid results, beginning in as little as four weeks if they stick with the clearly written, easy-to-implement fitness and nutritional guidelines the book contains. The back of the book contains a glossary, resources list, and a reference section. Exercises are accompanied by detailed instructions, and photographs.

作者介绍:

目录:

[Stop Aging - Start Training 下载链接1](#)

标签

评论

[Stop Aging - Start Training 下载链接1](#)

书评

[Stop Aging - Start Training 下载链接1](#)