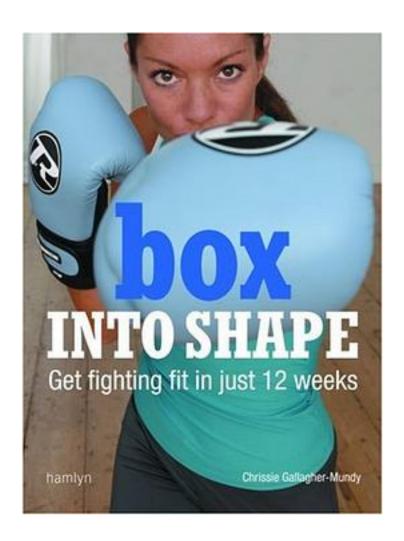
Box into Shape



Box into Shape_下载链接1_

著者:Gallagher-Mundy, Chrissie

出版者:

出版时间:2009-2

装帧:

isbn:9780600618362

Discover the all-round mind and body benefits of boxing with an exciting programme that keeps you motivated and on your toes. Burn calories and increase cardiovascular

fitness, enhance muscle tone and flexibility, increase strength, stamina and energy levels, relieve stress, improve concentration and feel more confident. "Box into Shape" offers fun, safe exercises based on boxing and martial arts. It is suitable for all ages and levels of fitness with stuctured routines for beginners as well as more challenging variations.
作者介绍:
目录:
Box into Shape_下载链接1_
标签
评论
Box into Shape_下载链接1_
书评
Box into Shape_下载链接1_