

First Place 4 Health Fitness Kit



[First Place 4 Health Fitness Kit_下载链接1](#)

著者:First Place 4 Health

出版者:

出版时间:2009-1

装帧:

isbn:9780830747238

Fitting in fitness has never been easier with the First Place 4 Health Fitness Kit. This kit provides all members need to start embracing a more active lifestyle. Members will get moving with the First Place 4 Health Thirty Minute Fitness DVD, combining cardio, strength and stretch exercises for all fitness levels from beginner to advanced. The pedometer will keep track of progress toward more steps each day. Everyone will stay well hydrated and help to protect the environment with the reusable 8 ounce water bottle. It's easy to stay healthy when exercising at the gym with your own towel. And get more resistance out of every movement with the flexible exercise band included in every kit.

作者介绍:

目录:

[First Place 4 Health Fitness Kit_下载链接1](#)

标签

评论

[First Place 4 Health Fitness Kit_下载链接1](#)

书评

[First Place 4 Health Fitness Kit_下载链接1](#)