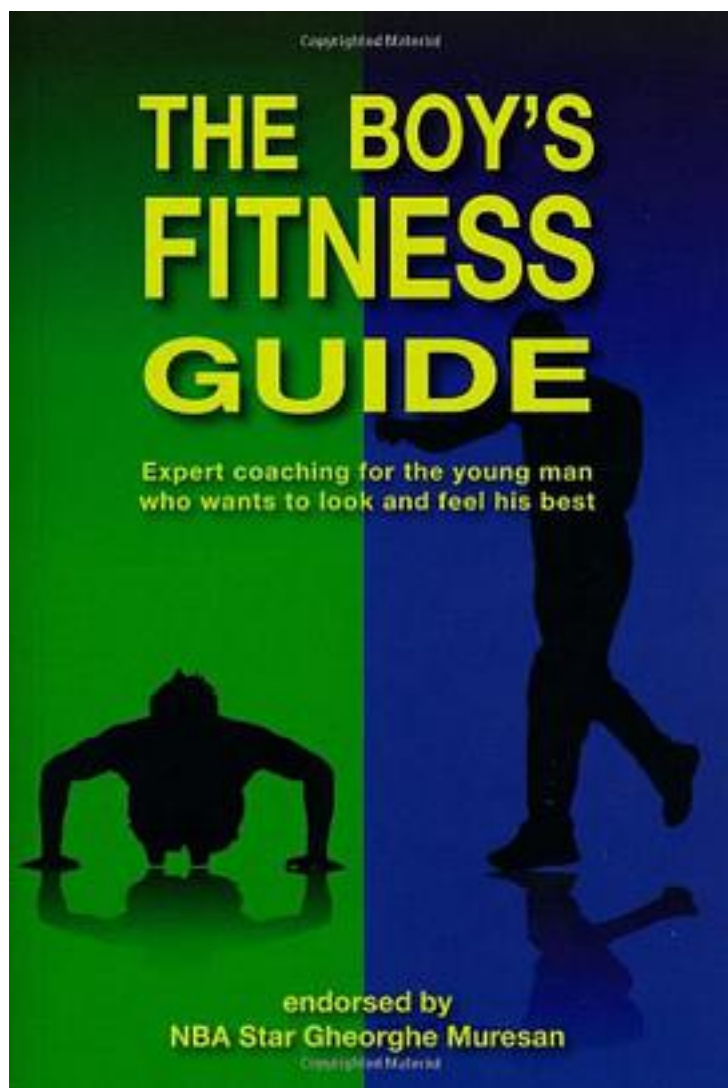


The Boy's Fitness Guide



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This fitness and health handbook has everything young men need to set up an exercise program and keep it going. "The Boy's Fitness Guide" is developed by fitness experts and packed with easy-to-understand words and illustrations on how to exercise, eat right, and take care of their bodies--just what they need to build confidence and self-esteem.

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