

101 Muscle-shaping Workouts & Strategies For Women - Muscle & Fitness Hers

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With 101 Muscle-Shaping Workouts Strategies For Women, each workout program, which are clearly explained, easy-to-follow and, best of all, proven to be effective at burning more calories and body fat is designed to help achieve a firm, healthy, and strong body. Author: Muscle & Fitness Hers Publisher: Triumph Books Illustration: N Language: ENG Title: 101 Muscle-Shaping Workouts & Strategies for Women Pages: 00176 (Encrypted EPUB) / 00176 (Encrypted PDF) On Sale: 2013-02-01 SKU-13/ISBN: 9781600785856 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Health & Fitness : Exercise

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