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HEALTH FITNESS FROM SCRATCH: FEEL GREAT, LOSE WEIGHT, GAIN MUSCLE AND ENJOY LIFE- AN HONEST AND THOROUGH STEP-BY-STEP GUIDE TO GET YOU ON YOUR WAY TO A HEALTHIER, HAPPIER LIFE.



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.FITNESS FOR ALL LEVELS If you are someone who wants to become fit but doesn t know where to start, or if you are someone who is already fairly fit but just needs some motivation and a great training schedule, then this book is for you! My goal is to help everybody achieve the body of their dreams,...

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- Authored by John/J Mayo
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