

Encyclopedia Of Exercise Anatomy

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Encyclopedia Of Exercise Anatomy by Lieberman, Hollis Lance For anyone who works on their fitness routines, whether at a gym, health club or in a sport personally, professionally or academically, this compendium is the ideal resource for a lifetime of healthy living. Human Anatomy & Physiology, Reference

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The Anatomy of Exercise Encyclopedia is a unique, comprehensive and practical guide to exercise, offering clear, step-by-step instructions to more than 100 individual exercises, and over 50 targeted workout programmes.

Anatomy of Exercise Encyclopedia: Bloomsbury Sport

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