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WOMEN 1ST (PAPERBACK)



Jeff Henry
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Xlibris, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The purpose of this book is to provide women the missing components that usually discourage women at the novice level of working out, designing workout routines, and changing their lifestyle. The motivation, leadership, passion, and exercise information are packaged inside my book for positive results. The foundation of weight training and physical activity will change your body, mind, and perception of the artistic...

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- Authored by Jeff Henry
- Released at 2008



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