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Lectorum Pubns (Adult). Paperback. Condition: New. 254 pages. Dimensions: 7.5in. x 4.9in. x 0.8in. This complete guide teaches readers how to stretch each part of the body. It includes a series of exercises for different times of the day, specific ones for every sport, and strengthening techniques. Learn how to gradually build a lasting foundation for a physical well being that will last a lifetime. Estirndose es el libro de fitness ms famoso de todos los tiempos. Esta es la gua...

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- Authored by Bob Anderson
- Released at -

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