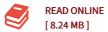




Weight Training Diary For Dummies

By Allen St. John

For Dummies. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 8.3in. x 5.4in. x 0.8in.From free weights and resistance bands to Pilates and yoga, weight-training is an exciting -- and healthy -- trend. The Weight Training Diary For Dummies is the perfect tool for any avid body builder. Filled with expert advice on health, nutrition, equipment, and accessories, it also includes injury prevention exercises and body fat to weight conversion charts to help you keep track of your progress. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehended every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think. -- Arianna Witting

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throgh reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- Crystel Hagenes