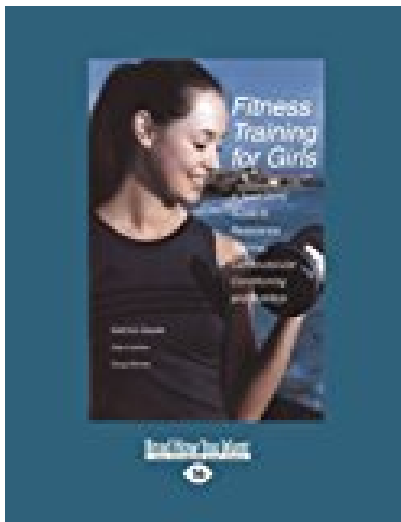


Fitness Training for Girls A Teen Girls Guide to Resistance Training Cardiovascular Conditioning and Nutrition



BOOK DETAILS

- Author : Doug Werner
- Pages : 300 Pages
- Publisher : ReadHowYouWant
- Language : English
- ISBN : 1458785467

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BOOK SYNOPSIS

Provides advice for girls on the importance of physical fitness, and recommends a rigorous program of exercises--including stretching, using gym equipment, and weight lifting--and a healthy diet.

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