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THE LITTLE BOOK OF BIG WORKOUTS: A REVOLUTIONARY APPROACH TO FITNESS



Wilkinson Publishing. Paperback. Book Condition: new. BRAND NEW, The Little Book of Big Workouts: A Revolutionary Approach to Fitness, Damien Kelly, Just because you're exercising doesn't mean you're working out! Why do so many people slog away at the gym getting nowhere? It's simple; they're not doing effective workouts! "I like to compare a workout to a work of art," says Damien Kelly, one of Australia's top fitness programmers. "A good artwork is not just paint thrown on the canvas..."

Read PDF The Little Book of Big Workouts: A Revolutionary Approach to Fitness

- Authored by Damien Kelly
- Released at -



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Reviews

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