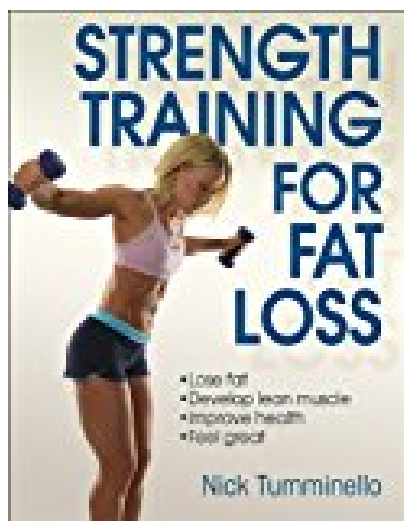


Strength Training for Fat Loss



BOOK DETAILS

- Author : Nick Tumminello
- Pages : 280 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450432077

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