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Workout Workbook

10 complete workouts to help you get fit and healthy



PRICE: \$29

Complete Workbook Fitness Workout

**Fred Lebow, Gloria Averbuch, New York
Road Runners Club**



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The Wharton's Complete Book of Fitness Jim Wharton, 2003 **Dr. James M. Rippe's Complete Book of Fitness Walking** James M. Rippe, 1989 The world's leading expert on walking for fitness has written the most comprehensive book available Special advice on walking for women for people over fifty for injury and cardiac rehabilitation for pregnant women plus walking gear preventing injury motivation stretching hiking nutrition and more

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