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THE MENS HEALTH BIG BOOK OF EXERCISES



Rodale Press. Paperback. Book Condition: New. Paperback. 480 pages. Dimensions: 8.5in. x 8.0in. x 1.1in. The Mens Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever created, this book is a body-shaping power tool for both beginners and longtime lifters alike. From start to finish, this 480-page muscle manual bulges with hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from...

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- Authored by Adam Campbell
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