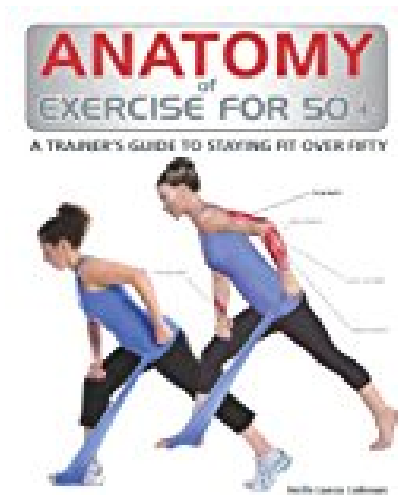


Anatomy of Exercise for 50+ A Trainers Guide to Staying Fit Over Fifty



BOOK DETAILS

- Author : Hollis Liebman
- Pages : 160 Pages
- Publisher : Firefly Books
- Language : English
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BOOK SYNOPSIS

A ground-breaking series featuring amazing computer-generated 3D anatomical images highlighting key muscle groups.

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