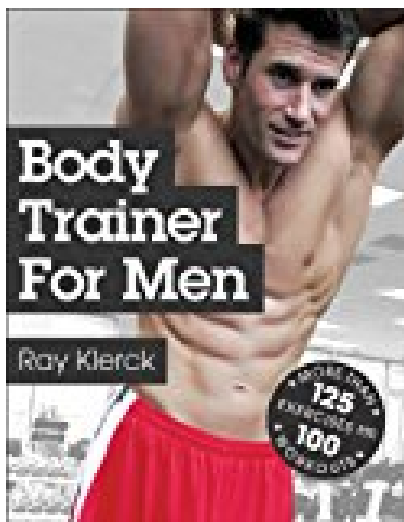


Body Trainer for Men



BOOK DETAILS

- Author : Ray Klerck
- Pages : 296 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450419704

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BOOK SYNOPSIS

Ray Klerck, former fitness editor and now fitness and nutrition advisor for Men's Health UK and Australia, offers the workouts and programs for men striving to improve fitness and strength while developing the ultimate physique. Body Trainer for Men combines expert advice and the latest research with a highly visual design and full-color photography.

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