



50 Ways to Improve Your Fitness (Paperback)

By Colin Stuckert

Createspace, United States, 2014. Paperback. Book Condition: New. 220 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you an athlete training for an elite competition? Are you a soccer mom who goes to the gym? Are you a gym rat? Are you an average Joe looking to get into fitness and need to learn a few techniques for getting results? If you answered yes to any of these questions, what you are about to read will be immensely valuable to you. There are numerous ways to approach fitness. Too many to count. There are even more variations to the human body from person to person. Basically, we each have our own set of fitness problems we must overcome. There are many programs and regimens you can follow to get results one way or another. Some produce better results than others, and some will work while others won't. It's impossible to write a single program that will work for every body type out there. Yet some still try. But there is another way. Your Fitness is An Education The more you know, the more power you have to get the results you want....



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