

Hardcore Circuit Training For Men: Body Weight Workout - , Chohwora Udu

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Think circuit training is for the feeble and faint-of-heart? Think again. Hardcore Circuit Training for Men: Body Weight Workout is a no-nonsense approach to high intensity fitness training. This workout is intense, diverse, creative, and, most importantly, proven. The body weight exercises in this book will give you the motivation you need to get super fit, and the expertise required to dramatically improve your muscular strength and aerobic fitness. This workout can be done practically anywhere! In a park, a hotel room, a gym, or even the living room - this workout was designed to suit every man's needs. Author: McHale, Jim Publisher: Price World Publishing Illustration: N Language: ENG Title: Hardcore Circuit Training for Men: Body Weight Workout Pages: 00000 (Encrypted EPUB) On Sale: 2011-07-21 SKU-13/ISBN: 9781936910397 Category: Health & Fitness : Men's Health

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