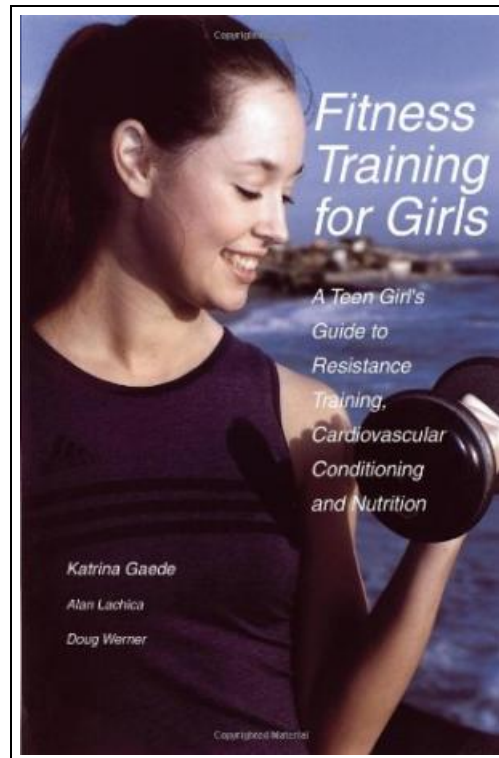


## Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition



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*This is the very best publication we have read through right up until now. It is one of the most incredible book we have read through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
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## FITNESS TRAINING FOR GIRLS: A TEEN GIRL'S GUIDE TO RESISTANCE TRAINING, CARDIOVASCULAR CONDITIONING AND NUTRITION



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Tracks Publishing,U.S. Paperback. Book Condition: new. BRAND NEW, Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition, Kristina Gaede, Alan Lachica, Doug Werner, Sorting through the mental, physical, and emotional aspects of a girl's life during her teen years, this guide presents positive reasons and practical advice for making fitness a permanent part of her life. As society becomes more accepting of truly athletic women, teen girls are encouraged to overcome a 'quitter's mentality' and develop physical confidence and mental toughness. A variety of nutrition tips and fitness facts allow girls to design individual workouts. Also included is information geared toward teens on weight lifting, cardiovascular conditioning, joining a gym, and working out at home.

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