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Machine Workouts For Body Modelling



LAP Lambert Academic Publishing Sep 2014, 2014. Taschenbuch. Book Condition: Neu. 220x150x7 mm. This item is printed on demand - Print on Demand Neuware - The book contains useful information for the practice of machine workouts in order to reach objectives such as body modelling, (muscle building, losing fat tissue) increase in exercise capacity, functional recovery of a segment or part of the body. The book features information on various types of machines and devices, on their maintenance and role,...

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- Authored by Marin Chirazi
- Released at 2014

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