



Bodyweight Training for Beginners: Bodyweight Training Guide

By Charles Maldonado

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.For many people who want to look younger, have more energy, and have the possibility of living longer and healthier, engaging in a regular exercise program provides unequalled benefits that can be both seen and felt. Whether you are a man or woman, anyone can reap the healthy benefits that exercise provides. Regular exercise helps control weight and can help you fight conditions such as heart disease and bad cholesterol. Regular exercise also helps you improve your mood and provides you with sustainable energy that can help you power through your day.



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