



## Shut Up and Train!: A Complete Fitness Guide for Men and Women

By Deanne Panday

Random House Publishers India Pvt. Ltd., Noida, India, 2013. Soft cover. Book Condition: New. Do you lack a fit and healthy body even after spending hours at the gym Are you looking for motivation to get started but dont know where to look From the bestselling author of Im Not Stressed comes one of the most comprehensive workout books that will give you the exact insight that you need to get started and guide you towards a healthy and fit lifestyle. Right from weight training to body building, Deanne Panday will share the tricks of the trade to help sculpt your body in a pure, scientific way. Page Extent: 296.



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