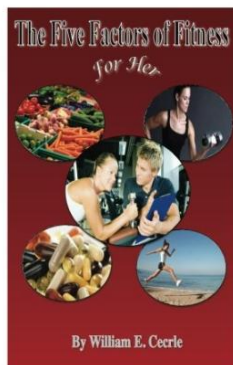


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THE FIVE FACTORS OF FITNESS: EVIDENCE BASED FAT LOSS FOR HER (PAPERBACK)



Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Follow the journey of a young woman as she learns from a Health and Fitness Trainer the correct information necessary to master the Five Factors of Fitness, win the battle of the bulge, and know why she won!! The material is presented in an easy to read and remember allegory. In this book, I present an evidence-based approach,...

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- Authored by William E Ceele
- Released at 2013



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