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STRENGTH TRAINING FOR MEN (PAPERBACK)



Meyer Meyer Sport (UK) Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 236 x 165 mm. Language: English . Brand New Book. Strength Training for Men adds a new dimension to muscular development with its revolutionary Core-Power Conversion Training System that takes the guesswork out of training and offers a unique learning experience for achieving the ultimate athletic body. Strength Training for Men conditions your body for muscular gains and increasing athletic performance. The Body Coach[registered] , includes practical, easy-to-follow...

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- Authored by Paul Collins
- Released at 2009



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