



Men's Health Best: Weight-Free Workout

By Men's Health Magazine

Rodale Press. Paperback / softback. Book Condition: new. BRAND NEW, Men's Health Best: Weight-Free Workout, Men's Health Magazine, Men everywhere want to improve their health and fitness--and their bodies. This new series of books, Men's Health Best, addresses all aspects of a man's physical fitness, from building core strength to managing sports injuries. Authoritative, affordable, handsomely produced and extensively illustrated, these 96-page books are the perfect guide to achieving strength, fitness, and well-being."Men's Health Best: Weight-Free Workout "shows you how to put together a workout program you can follow anywhere--no need to go to the gym! It includes all the exercises you need for whole-body fitness and maximum flexibility and explains the exact benefits of each one.

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