



## **Fitness: Nutrition, Exercises, and Body Building. Step by Step Strength Training and Health (Paperback)**

By Johnny Builder, Johnny Fitness

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Get the Body You Want - And the Vitality You Need! Are you ready to start an exercise regimen? Would you like to take your workouts to the next level? Do you need a solid plan for total body health? If so, this Expanded 3rd Edition of Fitness: Nutrition, Exercises, and Body Building is the book you've been looking for! You'll learn all about walking, running, and treadmill exercises for increased weight loss and energy. This book offers practical and focused exercises like the Inverted V Pipe, Bent Leg Rotation, and Bridge! to give you the strength and flexibility you've always wanted! Download Fitness: Nutrition, Exercises, and Body Building NOW to find out about this amazing body-sculpting program! In this amazing book, you'll find a wealth of workout exercises for building muscles, toning your body, and losing weight. It also helps you understand alternative workout methods: Water Exercises Cycling, Stationary Bikes, and Spinning Dancing Workouts Like Zumba, Belly Dancing, and Modern Jive Yoga for Weight Loss and Muscle Development and many...



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