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EXERCISE EVERY DAY: 32 TACTICS FOR BUILDING THE EXERCISE HABIT



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.LEARN:: How to Build a Powerful Daily Workout Routine Wish you had time to exercise? Turned off by the meat market scene at most gyms? Or are you simply unsure about how to get started with a daily workout? The good news is that you don t have to follow extreme exercise programs like Insanity and P90X, or...

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- Authored by S J Scott
- Released at 2015



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