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Ben Herd, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Learn to exercise effectively at home, using just your bodyweight as your resistance. Remove all the normal excuses, and get the results you want. Exercise doesn't need to be complicated by information overload. With a solid understanding of the basic rules that underlie what makes exercise work to develop our bodies, anyone can get as strong, fit and muscular as they desire. In...

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- Authored by Ben Herd
- Released at 2017



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