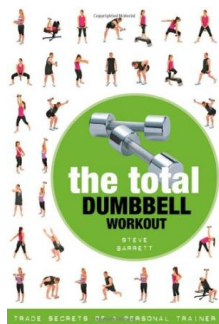


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THE TOTAL DUMBBELL WORKOUT: TRADE SECRETS OF A PERSONAL TRAINER



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, The Total Dumbbell Workout: Trade Secrets of a Personal Trainer, Steve Barrett, The ultimate 'one stop' guide to training with dumbbells. Practical and easily accessible, The Total Dumbbell Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in...

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- Authored by Steve Barrett
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Here is the finest publication we have read right up until now. It is actually written in easy words instead of difficult to understand. It has been written in a remarkably easy way in fact it is only right after I finished reading this book in which basically changed me, modify the way I really believe.

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