



Weight Training Diary For Dummies

By Allen St. John

For Dummies. Paperback. Book Condition: New. Paperback. 216 pages. Dimensions: 8.3in. x 5.4in. x 0.8in. From free weights and resistance bands to Pilates and yoga, weight-training is an exciting -- and healthy -- trend. The Weight Training Diary For Dummies is the perfect tool for any avid body builder. Filled with expert advice on health, nutrition, equipment, and accessories, it also includes injury prevention exercises and body fat to weight conversion charts to help you keep track of your progress. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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