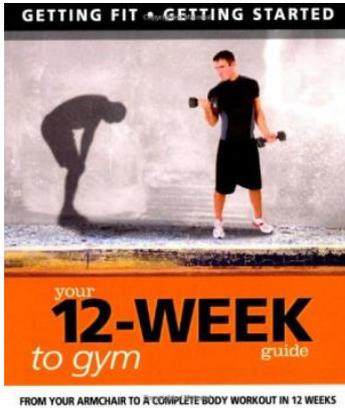


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YOUR 12-WEEK GUIDE TO THE GYM



IMM Lifestyle Books. Paperback. Book Condition: new. BRAND NEW, Your 12-week Guide to the Gym, Paul Cowcher, Daniel Ford, Your 12-week Guide to the Gym offers an achievable step-by-step guide to help get an unfit person to a definable goal - a 90 minute workout in 12 weeks. The book outlines how to get started, what's needed and how to make that first step. Then using the week-by-week guide the reader works towards the target goal in very gradual steps...

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- Authored by Paul Cowcher, Daniel Ford
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