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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The book introduces a prioritization scheme of choosing bodybuilding exercises during every training session with the main focus on BONE INTEGRITY and FUNCTIONAL BALANCE. Exercising every region in your body in every training session is a skill and art that you must master if you are serious about living long and healthy life. You can train every muscle every day,...

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- Authored by Mohamed F El-Hewie
- Released at 2011

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