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101 High-Intensity Workouts for Fast Results , Muscle & Fitness (Magazine), 2009, Health & Fitness, 176 pages. Aimed towards anyone tired of spending countless hours training with weights and doing cardio and without seeing additional gains, 101 High-Intensity Workouts For Fast Results.

Bodybuilding basics , Robert Kennedy, Jun 30, 1991, Health & Fitness, 128 pages. Training tips, exercises, and sample routines are featured in an introduction to the basics of powerlifting, body building, and weight training for women and men.

Beef it! upping the muscle mass, Robert Kennedy, 1983, Fiction, 192 pages. The author gives his advice to bodybuilders on posing, nutrition, metabolism, motivation, and exercises--all designed to show muscle mass to its advantage.

Comparative Biology of Aging , Norman S. Wolf, Jan 8, 2010, Science, 396 pages. The processes of aging and death remain one of the most fascinating, and mysterious, areas of biological research. Huge anomalies between species raise questions the answers to.

Exercise Yourself Thin , Joanna Hall, Jan 15, 2009, Exercise for women, 112 pages. This pocket sized book by Joanna Hall covers an extensive range of exercises that benefit weight loss. Joanna Hall demonstrates that everybody has different targets when it.

Total Women's Fitness Releasing the Inner You, Embleton Thorne, Gerard Thorne, Phil Embleton, Phil Gerard, 2002, Health & Fitness, 560 pages. The most informative and up to date book on women's health and fitness currently available..

The 10-Minute Total Body Breakthrough , Sean Foy, Nellie Sabin, Mike Smolinski, 2009, Health & Fitness, 288 pages. Presents instructions for a series of workout routines which can be completed in ten-minute intervals on a daily basis and which can lead to an improvement in overall fitness.

101 Muscle-Shaping Workouts and Strategies for Women , Muscle & Fitness Hers, Dec 1, 2011, HEALTH & FITNESS, 176 pages. With "101 Muscle-Shaping Workouts & Strategies For Women," each workout program, which are clearly explained, easy-to-follow and, best of all, proven to be effective at burning.

Training the Body to Cure Itself How to Use Exercise to Heal, Alice Feinstein, Prevention Magazine Health Books, Oct 1, 1992, Health & Fitness, 516 pages. The authors of The Doctors Book of Home Remedies show how to use exercise to heal back pain, arthritis, bursitis, stress, headaches, and

more serious ailments, such as heart.

This Brave Balance , Rusalka Reh, 2011, Fiction, 132 pages. The friendship between teenage parkour athletes Dipper, Skylark, Corone, and Jay is threatened when Kite, Corone's ex-girlfriend, joins the group and becomes close to Dipper..

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Fat Loss Revolution 12 Weeks to a Hot 'n Healthy Body at Any Age, , Jan 5, 2013, Health & Fitness, 370 pages. Nutritionist and Fitness Expert, Paula Owens, reveals the secrets behind weight gain and empowers readers with realistic solutions to achieve lasting and permanent fat loss.

Molecular Biology of Aging , Leonard Guarente, Linda Partridge, Douglas C. Wallace, 2008, Medical, 610 pages. This volume covers the major threads in the molecular genetics of aging, including genes that regulate aging, causes of aging, evolutionary theories of aging, and the.

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