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Bodyweight Training for Women: Bodyweight Training and Exercise Handbook

By Charles Maldonado

Speedy Publishing LLC, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.For women who are looking to live a life of great health and vitality, there are unfortunately no shortcuts, magic wands or sure-fire recipes that will accomplish these goals in a realistic and effective manner. While a proper diet and nutrition is an essential building block to a women s overall good health, engaging in a regular exercise regimen or some form of physical activity is an excellent way in which women can achieve a sound body and mind. Regular exercise not only gives the potential to live longer and healthier life, but also improves mood and memory, helps manage weight and prevent weight gain and can help prevent the onset of many diseases.



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