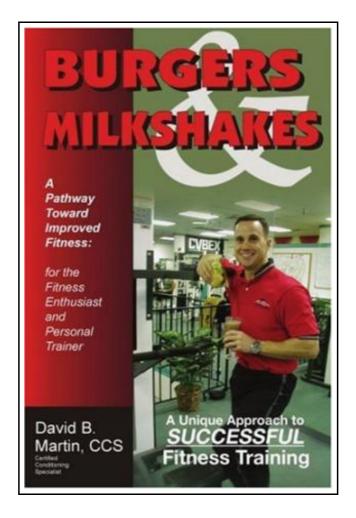
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BURGERS MILKSHAKES: A PATHWAY TOWARD IMPROVED FITNESS (PAPERBACK)



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iUniverse, United States, 2005. Paperback. Book Condition: New. 223 x 147 mm. Language: English . Brand New Book ****** Print on Demand ******. Burgers and Milkshakes is a new approach to improved fitness and strength training. Are you: An athlete trying to increase strength and speed? A personal trainer seeking to exceed client expectations, and improve client retention and profitability? A general fitness enthusiast seeking to find more effective programs? A fitness beginner that would like to improve your functional age? If you answered, yes to even one of these questions, then this is a must-have book for you. No celebrity or paid professional athlete wrote Burgers and Milkshakes. A former professional NFL/Olympic Assistant Strength Coach has written this book with proven results by proven methods. What is your sport? Your activity? I can help you improve. You will learn safe, time efficient, and effective training methods to improve your health and fitness level. Are you interested in improving your basic health and wellness? Burgers and Milkshakes will provide the right path with a clear, simple, and proven approach to improving your fitness performance. Burgers and Milkshakes will show you the importance of warming up, how to maximize your activity, and a variety of exercises and programs that yield effective results, no matter what your specific goal may be. Order Burgers and Milkshakes. Isn t it time for a new approach?.

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