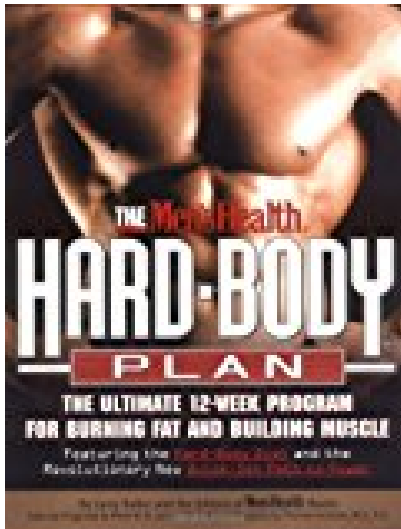


The Mens Health Hard Body Plan The Ultimate 12-Week Program for Burning Fat and Building Muscle



BOOK DETAILS

- Author : Larry Keller
- Pages : 384 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1579542298

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BOOK SYNOPSIS

A program designed to help men obtain health and fitness contains twelve-week exercise and weight-lifting plans, menus and recipes to implement into a diet plan, and information on energy bars and vitamins.

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