



El Gran Libro de Ejercicio Facil (Paperback)

By Donna Raskin

Panamericana, United States, 2012. Paperback. Book Condition: New. 229 x 150 mm. Language: Spanish . Brand New Book. Doctors recommend 60-90 minutes of daily exercise. Are you doing enough? This book will keep your workout routine fun and varied by incorporating many different kinds of exercises. You will lose weight, tone your body, and feel great.



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