

图书基本信息

书名：<<(保持体型的五个要点)5-FACTOR FITNESS>>

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内容概要

Harley Pasternak's 5-Factor Fitness will enable you to achieve the body you've always wanted, in 5 short weeks. Harley's plan works for Hollywood stars, professional sports figures, and countless others--and the very same program can work for you. See remarkable and measurable results in just 5 weeks...

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