

## <<运动无极限>>

### 图书基本信息

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### 内容概要

The improvement of Chinese people's material living standards has brought changes to their lifestyles. To strengthen fitness physique, and to improve quality of life by sports and exercise has widely become the demand of ordinary Chinese people in the new era. Fitness activities are going into the daily life of the Chinese people, representing a trend of fashion and clear lifestyle, a trend of aspiration and the pursuit for high quality of life, a trend of health, prosperity and vitality.

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## 书籍目录

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