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Fitness Workout Ultimate Guide

Madeleine Smethurst

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benefits of suspended fitness training Safety considerations Upper body lower body and core exercises progressions and variations as well as common faults Beginner intermediate and advanced programmes and sessions Training sessions for sports This is ideal reading for anyone interested in fitness and weight training and how get the most out of this equipment for their training programme or that of their clients **Exercise and You - The Complete Guide** Madeleine

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