

## Personalized fitness prescription female three-dimensional three-dimensional fitness prescription guide books(Chinese Edition)



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## PERSONALIZED FITNESS PRESCRIPTION FEMALE THREE-DIMENSIONAL THREE-DIMENSIONAL FITNESS PRESCRIPTION GUIDE BOOKS(CHINESE EDITION)



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paperback. Book Condition: New. Language:Chinese.Pages Number: 229 Publisher: China University of Geosciences Pub. Date :2011-08-01 version 1 by Zhang Xiansong compiled a three-dimensional female fitness prescription focuses primarily on women's physical and mental health characteristics. special laws. is a women's movement. nutrition and psychological prescription guidelines. Women-dimensional fitness prescription focuses on women of different ages and fitness exercise prescription dietary prescription; women's fitness exe.

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