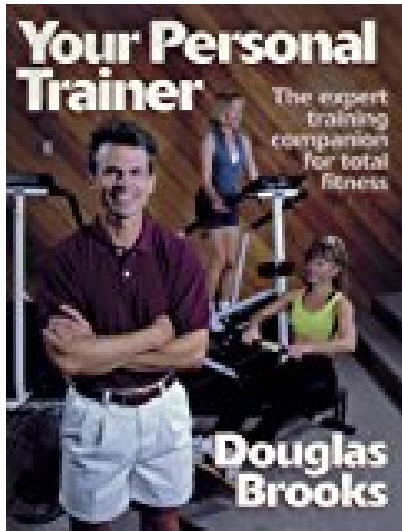


Your Personal Trainer



BOOK DETAILS

- Author : Douglas Brooks
- Pages : 264 Pages
- Publisher : Human Kinetics
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BOOK SYNOPSIS

Describes the role of the personal trainer in designing customized fitness plans and monitoring fitness

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