

Exercise Chart

[illegible]

Diagram illustrating a sit-up exercise using a resistance band. The person is lying on their back, with the band looped under their feet and held by their hands. The band provides resistance as they lift their torso.

Total Gym 1500 Exercises Guide

Vincent Antonetti, PhD



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Total Fitness for Women - U.S. Edition

Vincent Antonetti, PhD, 2013-11-26 This eBook is a total fitness guide for women with equal emphasis on exercise nutrition weight loss and weight maintenance Learn how to safely get fit lose weight eat healthy and look your best The eBook is packed with useful new tables BMI Based Height Weight Weight Loss Prediction Cardio Assessment Strength Assessment and much more including illustrated dumbbell workouts Total Fitness for Women U S Edition is another sensible easy to use eBook you can trust from NoPaperPress U S units PhD author

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