

<<Resistance Band 绳操>>

图书基本信息

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内容概要

Discover the amazing fitness tool that is the resistance band. Widely used by top sports people, the resistance band is a simple and effective device for all of us to use in improving fitness, flexibility, and balance. The Resistance Band Workout is a comprehensive guide, providing essential advice on using this piece of equipment which is able to strengthen muscle groups often neglected by other forms of exercise.

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