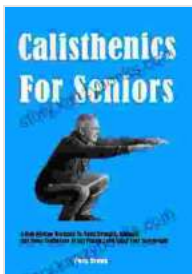


Step By Step Workouts To Build Strength, Balance And Boost Confidence At Any Age

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Calisthenics For Seniors: A Step-By-Step Workouts To Build Strength, Balance, And Boost Confidence At Any Fitness Level Using Your Bodyweight by Mark A. Breiner

★★★★☆ 4.7 out of 5

Language : English
File size : 4334 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 48 pages
Lending : Enabled



This book is perfect for beginners and experienced exercisers alike. With clear instructions and easy-to-follow workouts, you'll be on your way to a healthier, stronger you in no time.

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- Exercises to improve strength, balance, and flexibility

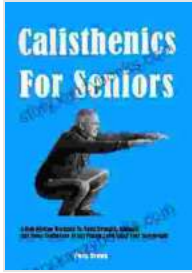
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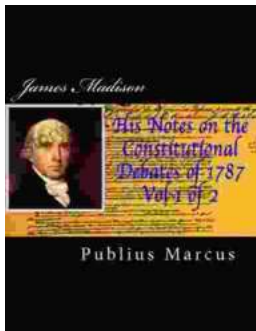


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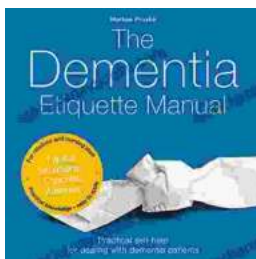
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