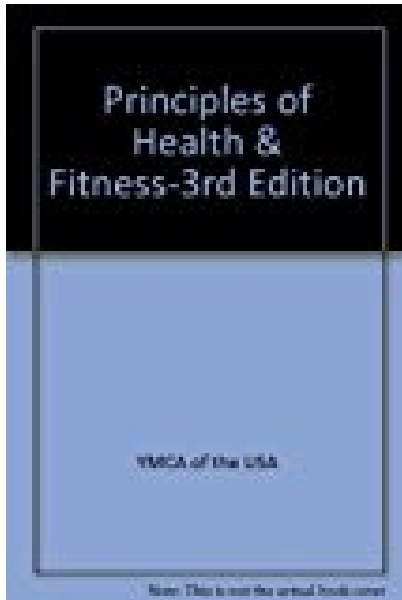


# Principles of Health and Fitness

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## BOOK DETAILS

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- Pages : Pages
- Publisher : Human Kinetics Pub
- Language : English
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## BOOK SYNOPSIS

At last 7 unique principles of one of the most personally successful names in fitness!! Clive Fearon is a pro-boxer turned fitness coach and gym owner!! Mr Fearon has so many credentials in his field and worked with the elite in the world of personal fitness... This is a MUST DOWNLOAD!!! NOW!!

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