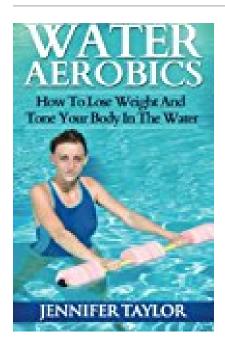
Water Aerobics - How To Lose Weight And Tone Your Body In The Water



BOOK DETAILS

• Author : Jennifer Taylor

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BOOK SYNOPSIS

Describes and illustrates a series of water exercises ranging from beginning to advanced levels, and outlines programs that concentrate on specific areas of the body

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