

## The Boy's Fitness Guide: Expert Coaching for the Young Man Who Wants to Look and Feel His Best (English)

Frank C. Hawkins, Gheorghe Muresan, Rares Nick Morar



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**The Boy's Fitness Guide: Expert Coaching for the Young Man Who Wants to Look and Feel His Best** (**English**) Frank C. Hawkins, Gheorghe Muresan, Rares Nick Morar Expert coaching for the young man who wants to look and feel his best.

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