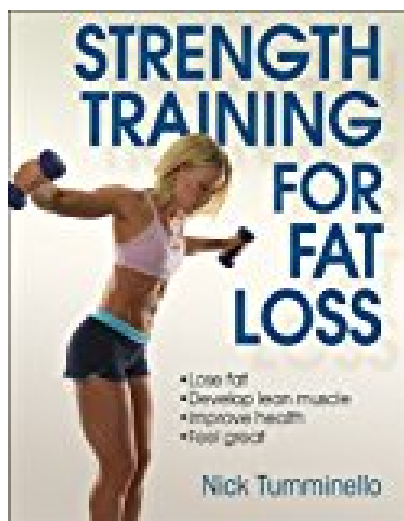


Strength Training for Fat Loss



BOOK DETAILS

- Author : Nick Tumminello
- Pages : 280 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450432077

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BOOK SYNOPSIS

As an innovator in the field of human performance and training, Nick Tumminello now gives everyone access to his elite training program with Strength Training for Fat Loss. Offering a scientifically based plan for melting fat, Tumminello provides over 150 exercises and nearly 30 ready-to-use workouts to help readers begin transforming their bodies.

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