

SEVENTH EDITION

Fitness FOR Life

A photograph of a group of people exercising on rowing machines in a gym. In the foreground, a woman with dark curly hair tied back, wearing a black long-sleeved shirt and teal leggings, is rowing. Behind her, three other people are also on rowing machines, slightly out of focus. The gym has a brick wall and large windows in the background.

Charles B. Corbin • Darla M. Castelli
Benjamin A. Sibley • Guy C. Le Masurier

Fitness For Life Corbin

Anthony S. Fauci



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