

A close-up, high-contrast photograph of a man, Barrett Hundman, wearing a grey baseball cap and lifting a black dumbbell. The image is dark, with the subject's face and the dumbbell highlighted. The text is overlaid on the image.

BARRETT HUNDMAN

BUILD MUSCLE BURN FAT

*A Beginner's Guide to the Science
of Strength Training*

Muscle Burns Fat Guidebook

Mark Bricklin, Anne R. Imhoff



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The Runner's Handbook Bob Glover, Jack Shepherd, Shelly-lynn Florence Glover, 1996-06-01 If you're a runner or would like to be one *The Runner's Handbook* will answer all your questions Fitness expert Bob Glover who has trained thousands of runners shows you how to devise a training program and keep at the top of your form

Guidebook for Nutrition Counselors Virginia Aronson, Barbara Danielson Fitzgerald, Lynn Vincent Hewes, 1990

Prevention's Lose Weight Guidebook, 1993 Mark Bricklin, Anne R. Imhoff, 1992-12 Here you'll find the most direct route to shedding the pounds WITHOUT special diets programs or fad foods In this guidebook the editors of Prevention magazine have selected the most up to date practical advice from the nation's leading experts in nutrition exercise weight loss diet and health care

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