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STRENGTH TRAINING AND SPORTS NUTRITION FOR MEN (PAPERBACK)



Strength Training and Sports
Nutrition for Men

Paul Wanlass, D.C.



Lulu.com, United Kingdom, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is designed specifically for men who want to improve their nutritional habits and increase strength, endurance, cardiovascular fitness, maintain a healthy weight, and decrease the recovery time between workouts or sporting events. Common injuries for male athletes depend on the sport, but may include: neck, upper back, or low back pain, sprains of the ligaments in...

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- Authored by Paul D.C. Wanlass
- Released at 2014



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