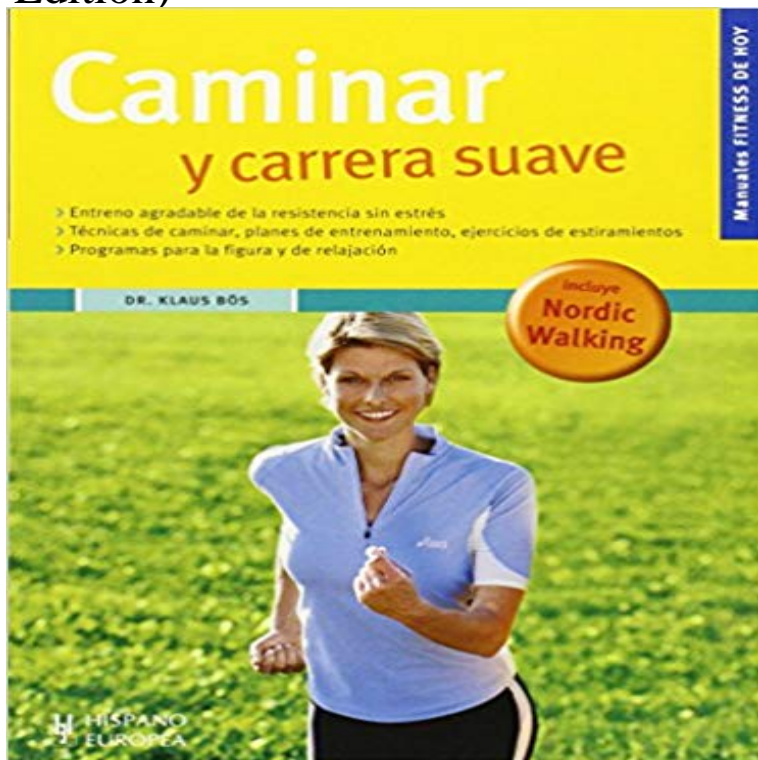


Caminar y carrera suave (Fitness De Hoy/ Todays Fitness) (Spanish Edition)



El caminar esta de moda, y es logico! Sano, delgado y relajado. Quiere cuidar mas de su salud y de su fitness y, si se puede, perder algunos kilos por el camino? Olvidese de las practicas agotadoras y, en su lugar, apueste por el caminar. Con este suave entrenamiento de la resistencia estara muy pronto en maxima forma. No importa si es una persona mayor o joven, gorda o flaca, principiante o deportista, el caminar es apto para cualquier edad!

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