



Men's Health Best: Weight-Free Workout

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Men's Health Best: Weight-Free Workout Men's Health Magazine

Men everywhere want to improve their health and fitness--and their bodies. This new series of books, Men's Health Best, addresses all aspects of a man's physical fitness, from building core strength to managing sports injuries. Authoritative, affordable, handsomely produced and extensively illustrated, these 96-page books are the perfect guide to achieving strength, fitness, and well-being.

Men's Health Best: Weight-Free Workout - by the Editors of Men's Health Magazine - shows you how to put together a workout program you can follow anywhere--no need to go to the gym! It includes all the exercises you need for whole-body fitness and maximum flexibility and explains the exact benefits of each one.

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