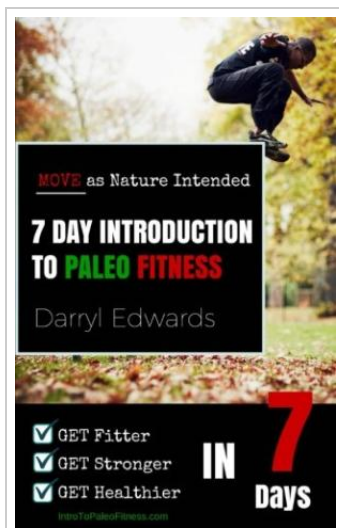




7 Day Introduction to Paleo Fitness: Get Fitter, Get Stronger, Get Healthier in Seven Days. Move as Nature Intended. (Paperback)

By Darryl Edwards

EXPLORER PUBLISHING, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The best way to get a strong, lean physique is to work out the way nature intended. This book has easy-to-follow instructions, tips and photo illustrations of high-intensity training (HIIT) as well as low-intensity flow-based workouts that all focus on good form. There is also a mindful breathing exercise to reduce stress and to assist with recovery while on your Paleo Fitness journey. You want to get fitter, stronger and healthier within seven days? Here s an introduction to Paleo Fitness that will help you do just that!.



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