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FITNESS ON A SWING SET



Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fitness on a Swing Set. Exercise with a playground swing is FUN and EFFECTIVE! If you need a challenge, you need this fitness book! You get nearly 50 exercises that are very effective. The exercises are performed on a playground swing. Each chapter focuses on a different body area. There is also a chapter of stretching exercises. A...

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- Released at 2012



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