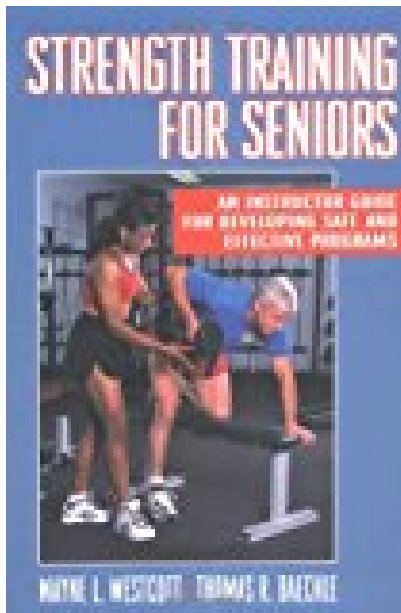


Strength Training for Seniors An Instructor Guide for Developing Safe and Effective Programs



BOOK DETAILS

- Author : Wayne L. Westcott
- Pages : 224 Pages
- Publisher : Human Kinetics Publishers
- Language : English
- ISBN : 0873229525



BOOK SYNOPSIS

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