



Your Fitness and Nutrition Questions Answered: Featuring Interviews With 15 Top Personal Trainers From Around The Country!

Benchmark Publishing Group, Stephen Jay Jackson, Sandra Blackie, Alan Abeyta, Josh Bowen, Aja Davis, Jill Bruyere, Jim Cleveland, Shannon Hiromasa, Bob Virgulak, Grace Wang, Lin Ivce, Chad Yarvitz, Dan Arvidson, D Rhett Andersen, Dr Marisa Silver, Amy Chang

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Your Fitness and Nutrition Questions Answered asks the real questions that people really want to know. Inside, we've grilled each personal trainer with the tough questions that the everyday person wants to know. If you're looking to gain some of the best tips and advice from the personal trainers who are "in the trenches", with their clients, each day, you're going to love this book.

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