



Fitness: The Superior Fitness Guide - Fitness Plan, Body Exercise & Weight Training (Exercise, Workout, Healthy living, Weight Training, Strength Training)

Mark Johnson

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- Better Endurance
- Improved Cardiovascular Health
- Increased Lung Capacity
- More Strength and Stamina
- Greater Flexibility, Speed, and Balance
- Improved Agility, Accuracy, and Coordination

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In this book, you'll discover which Cross-training exercises you can do at home, and how to gauge your improvements. Mark Johnson explains why Cross-training is better than going to the gym or lifting weights. He even helps you understand how your diet and sleep affect your fitness goals!

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