



Abs and Back (Supple Workout Series)

Mark Bender

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Catherine McCrum is a skin instructor, personal trainer, and fitness writer with easy-to-follow exercises for improvement of the abdominals and back. This Supple Workout series uses yoga, tai chi, Western exercises and sports medicine to help readers stretch and reduce. Throughout are self-assessment quizzes and progress tables, along with boxed features on diet, fat, and weight training. 120 photos.

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