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DESIGN YOUR ULTIMATE FITNESS PROGRAM - WALKING: LEARN HOW TO TAILOR A WALKING PROGRAM THAT WILL GET YOU TO YOUR FITNESS GOAL!



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. In my book Design Your Ultimate Fitness Program - Walking, we discuss the considerations that need to be made when designing a custom walking program, along with: Equipment needed Wearable technology you can use to track your walking And how to make walking more challenging Equipment Needed Basically a good pair of walking shoes fitted to your feet...

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- Authored by MR Ron D Kness
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