

Walkshaping: Indoors And Out, 6 Weeks To A Better Body

By Gary Yanker

yanker gary - AbeBooks -

Walkshaping: Indoors and Out, 6 Weeks to a Better Body. Yanker, Gary. Walkshaping: Indoors and Out, 6 Weeks to a Better Body. Yanker, Gary. Editore: Hearst Books.

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Walkshaping: Indoors or Out, 6 Weeks to a Better -

``Walkshaping," a concept developed by walk-clinic specialist Yanker, uses walking as its core activity while also recommending calisthenics and body-building. The <http://www.publishersweekly.com/978-0-688-13813-4>

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