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ASK THE TRAINER-EXPERT ANSWERS TO YOUR TRAINING QUESTIONS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Let a trainer with over 35 years experience answer all of your questions about fitness, training and supplementation. Drawn from his popular fitness column, Ask the Trainer, published in award-winning newspapers, the author answers the questions most commonly asked of personal trainers and other experts regarding the proper methods to lose weight, build muscle, strength,...

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- Authored by David R Groscup
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