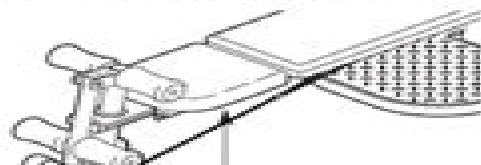


Model No. 831.153961

Serial No. \_\_\_\_\_

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Serial Number Decal (under seat)

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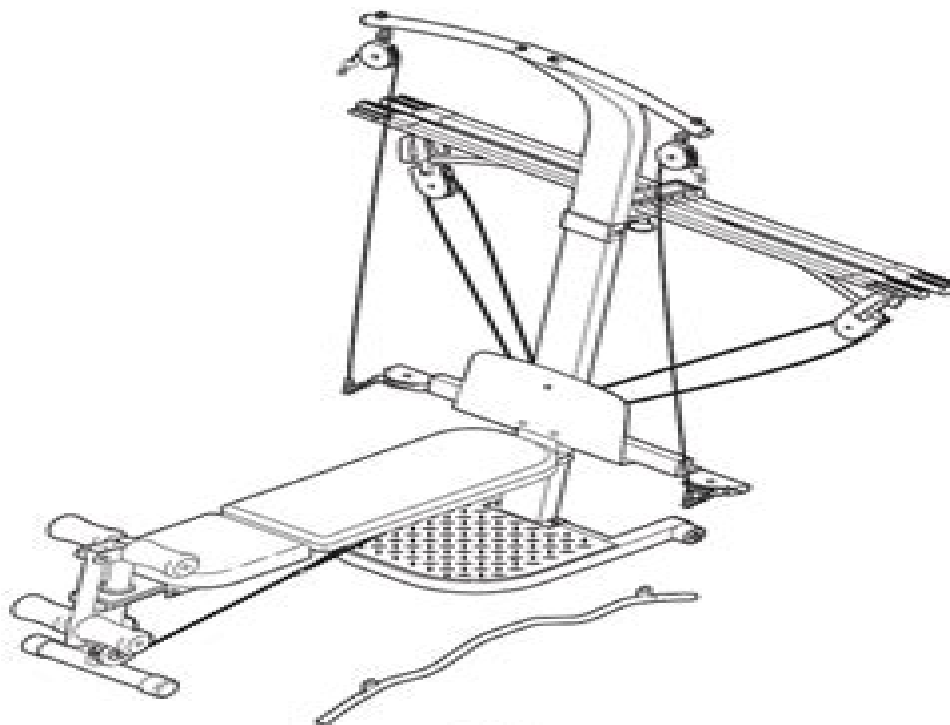
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# Exercise Guide For Weider Crossbow

**Nicolas Andreou**

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Trelski,2021-03-24 This book gives you the whole body strength training method based on the newest findings in

bodybuilding and nutrition It is also based on the philosophy that the workout should be short but provide maximum benefits

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**Cross Training** R. G. McNickle,1994 Whether you golf play tennis jog or swim cross training provides a total body workout offering a more complete exercise plan than playing any one sport If you are looking for better results in strength training or aerobic exercise Cross Training shows you how to choose sports that best complement each other You ll quickly see that adding one new activity to your workout will not only tone your body but improve your primary game Back cover

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