

9787801575425 female physical fitness: limbs bodybuilding(Chinese Edition)

By ZHANG HU DE

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: 2002-09-01 Pages: 143 Publisher: People's Medical Publishing title: female physical fitness: limbs bodybuilding Original Price: 12.00 yuan Author: Zhang Hude Publisher: People's Medical Publishing House Publication Date: 2002-9 -1ISBN: 9787801575425 Words: Pages: 143 Edition: 1 Binding: Paperback: Weight: Editor's Summary This book is one of the female body Books bodybuilding. health and beauty expert editor. Details hands. nails. legs. feet bodybuilding significance and aesthetic basics of how diet. Diet. costumes. makeup. skin care. gymnastics. exercises and routine health care to keep these parts of bodybuilding. and limb loss capacitive disease prevention and control. and the specific skills and effective unilateral prescription. Content easy to understand guidance the female limbs bodybuilding mentor method is simple and practical. suitable for the broad masses of urban and rural areas. especially young women friends to read reference. Catalog. limbs. muscular sense (a) (b) hands fit and significance feet fit the meaning of (c) leg of aesthetic significance. limbs. health care (a) nail care hand care (b) (c) leg health (iv) foot care. structure and function of the skin of the...





Reviews

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