



## Gainz for Your Brainz: A Crash Course in Fitness

By E a Doan

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Gainz for Your Brainz was written to help those who are new to fitness understand the key principles of working out. By identifying your goals, this manual teaches you what kind of physical training is most effective. From exercise selection, reps and sets, and equipment, you are equipped with the basic knowledge needed to design and implement a custom workout plan. Whether you seek strength, fat loss, muscle mass, endurance, or health, this book covers it all.

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