



Fitness Stars of Bodybuilding (Legends of Health & Fitness)

John Albert Torres

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Collective biography series featuring profiles of 40 fitness role models for young adults who want to lead a healthy and fit lifestyle. Each book focuses on a particular sport or facet of health, nutrition, and fitness. History of bodybuilding and fitness; featuring profiles of Arnold Schwarzenegger, Ronnie Coleman, Lou Ferrigno, and Lenda Murray

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