

CONSUMER GUIDE® HEALTH/ EXERCISE

WITH STEP-
BY-STEP PHOTO
GUIDE

New,
Revised!

THE COMPLETE
GUIDE TO

Aerobic dancing



Dance to your favorite music. Do it aerobically and you'll tone muscles, trim inches from your waist and thighs, and burn fat as you increase your heart-lung capacity. Our step-by-step instructions show you how to do it all.

The Complete Guide To Aerobic Dancing

Scott C. Dulebohn



The Complete Guide To Aerobic Dancing:

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The Complete Guide To Aerobic Dancing Introduction

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