

Speaking of:
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Over 40**



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Speaking Of Fitness Over 40

Albert A Gayle



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Speaking of Fitness Over 40 Walter Noder, 1978-01-01 Promotes a training program to curtail an activity slowdown at age forty through the use of calisthenic and rhythmic exercises such as walking and swimming and HCT heart circulation training

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 - Chapter 3: Speaking Of Fitness Over 40 in Everyday Life
 - Chapter 4: Speaking Of Fitness Over 40 in Specific Contexts
 - Chapter 5: Conclusion
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receptor lower the compression paddle to approximately 5 dan or 12 pounds of compression force