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# FITNESS, AEROBICS AND GYM OPERATIONS

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Jyoti Enterprises, 2015. Hardcover. Book Condition: New. 1st Edition. Contents: Preface. 1. Physiological systems. 2. Fitness and aerobics. 3. Gym operations and equipments. 4. Nutrition and weight management. 5. Physical activity and health. 6. Yoga and meditation. Fitness, aerobics and gym operations has been inspired by the application course of the same name introduced in the University of Delhi in 2006. This book is of vital importance for several areas of human activity like fitness, measurement and evaluation, gyming etc....

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- Authored by edited by Kavita Sharma
- Released at 2015

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