



Building Strength and Stamina: New Nautilus Training for Total Fitness

Wayne Westcott

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Building Strength and Stamina: New Nautilus Training for Total Fitness Wayne Westcott Features the newest generation of fitness equipment, including Nautilus machines, stationary cycles, treadmills, skate machines, and step machines. More than 100 photos show readers how to use the equipment safely and perform the exercises properly.



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