



Deskbound: Jak Walczyć z Siedzącym Trybem Życia

Indeks: 704958 Producent: Victory Belt Publishing

Cena: 184.27 zł

Opis

Deskbound: Standing Up to a Sitting World

Producent: Victory Belt Publishing

- **temat:** HEALTH & FITNESS / Exercise / General, HEALTH & FITNESS / Exercise / Stretching, HEALTH & FITNESS / Pain Management, HEALTH & FITNESS / Work-Related Health, Health & Fitness/Exercise - Stretching, Health & Fitness/Pain Management, Health & Fitness/Work-Related Health, SCIENCE / Life Sciences / Anatomy & Physiology, SCIENCE / Life Sciences / Anatomy & Physiology (see also Life Sciences / Human Anatomy & Physiology), HEALTH & FITNESS / Work-Related Health, HEALTH & FITNESS, Work-Related Health, SCIENCE / Life Sciences / Anatomy & Physiology (see also Life Sciences / Human Anatomy & Physiology), SCIENCE, Life Sciences, Anatomy & Physiology (see also Life Sciences, Human Anatomy & Physiology), HEALTH & FITNESS / Exercise / Stretching, Exercise, Stretching, Popular medicine and health, Biology, life sciences, Anatomy, Physiology, Exercise and workouts, health;fitness;self help;health and fitness;wellness;health and wellness;fitness books;exercise books;health books;self help books;stretching;workout;motivational books;motivation;stretching book;happiness;strength training;medical books;self improvement books;self development books;abs;personal growth books;crossfit;bodybuilding;exercise;stretches;core strength;yoga;cookbooks;diet;self improvement;how to;food;spiritual;adventure;weight loss;sports;body;medical;cookbook;cooking;healthy living, Fitness & diet, Fitness & diet, Popular medicine & health, Anatomy, Biology, life sciences, Exercise and workouts, Physiology, Popular medicine and health
- **wiązący:** hardcover
- **język:** english, english, english
- **waga przedmiotu:** 1280 grams
- **strony:** 368
- **słowo kluczowe tematu:** health; fitness; self help; health and fitness; wellness; health and wellness; fitness books; exercise books; health books; self help books; stretching; workout; motivational books; motivation; stretching book; happiness; strength training; medical books; self improvement books; self development books; abs; personal growth books; crossfit; bodybuilding; exercise; stretches; core strength; yoga; cookbooks; diet; self improvement; how to; food; spiritual; adventure; weight loss; sports; body; medical; cookbook; cooking; healthy living, health;fitness;self help;health and fitness;wellness;health and wellness;fitness books;exercise books;health books;self help books;stretching;workout;motivational books;motivation;stretching book;happiness;strength training;medical books;self improvement books;self development books;abs;personal growth books;crossfit;bodybuilding;exercise;stretches;core strength;yoga;cookbooks;diet;self improvement;how to;food;spiritual;adventure;weight loss;sports;body;medical;cookbook;cooking;healthy living
- **marka:** Victory Belt Publishing
- **kod podmiotu:** MFC, PS, VFMG, MFG, VFD, HEA007000, HEA022000, HEA036000, HEA038000, HEA022000, HEA036000, HEA038000, SCI056000, SCI056000, VFM, VFM, VFD
- **grupa docelowa:** General/trade
- **format:** illustrated
- **Liczba przedmiotów:** 1

- **kolor:** Black
- **waga opakowania przedmiotu:** 1.27 kilograms
- **wydanie:** Illustrated
- **numer seryjny:** 1
- **producent:** Victory Belt Publishing
- **zewnętrznie przypisany identyfikator produktu:** 9781628600582, 09781628600582
- **autor:** Starrett, Kelly, Cordoza, Glen
- **gatunek muzyczny:** HEALTH & FITNESS, Work-Related Health, SCIENCE, Life Sciences, Anatomy & Physiology (see also Life Sciences, Human Anatomy & Physiology), HEALTH & FITNESS, Exercise, Stretching, Popular medicine and health, Biology, life sciences, Anatomy, Physiology, Exercise and workouts
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Parametry