



Trening Siłowy dla Seniorów: Domowy Program Ćwiczeń Poprawiających Równowagę i Wytrzymałość

Indeks: 829244 Producent: Joelan AB Kod producenta: 9798887650746

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Opis

Strength Training for Seniors: The Ultimate Home Workout Program with Simple Exercises for Improving Balance, Energy, and Building Muscle

Producent: Joelan AB

- **temat:** HEALTH & FITNESS / Exercise / Strength Training, Health & Fitness/Exercise - Strength Training, SPORTS & RECREATION / Training, Sports & Recreation/Training, ANF: Sport, Chair Yoga home; Stretching exercise workout fall prevention; Balance energy stamina flexibility mobility, Chair Yoga home; Stretching exercise workout fall prevention; Balance energy stamina flexibility mobility; Posture resistance band bands program; Body vibrations 40 50 60 aerobics; Lose weight loss fifty sixty forty; Sitting stability poses senior lower upper, Exercise, Exercise - Strength Training, Gesundheit, HC, HC/Ratgeber/Gesundheit, HEALTH & FITNESS / Exercise / Strength Training, Health & Fitness, Health & Fitness/Exercise - Strength Training, Medizin und Gesundheit: Ratgeber, Sachbuch, Ratgeber, SPORTS & RECREATION / Training, Sports & Recreation, Sports & Recreation/Training, Sports training & coaching, Sports training and coaching, Strength Training, Training, Medizin und Gesundheit: Ratgeber, Sachbuch, Sports training and coaching, Sports training & coaching, HC/Ratgeber/Gesundheit
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Parametry

Język	Polski
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