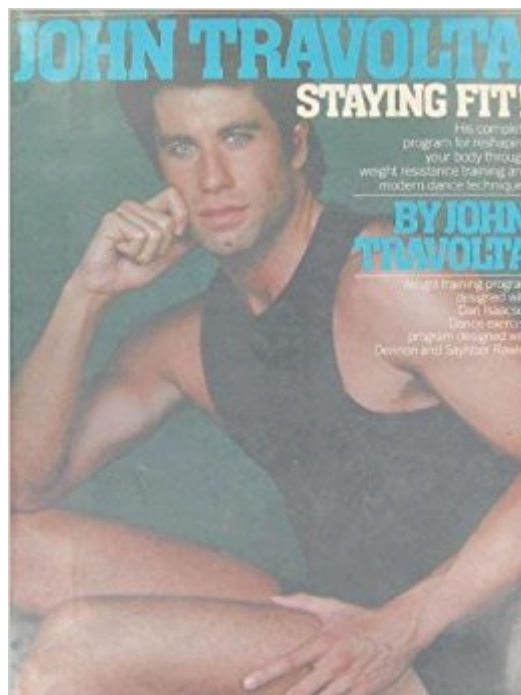


The book was found

John Travolta, Staying Fit!: His Complete Program For Reshaping Your Body Through Weight Resistance Training And Modern Dance Techniques



Synopsis

Nice staying fit fun exercises book.

Book Information

Hardcover: 253 pages

Publisher: Simon and Schuster (1984)

Language: English

ISBN-10: 0671497987

ISBN-13: 978-0671497989

Product Dimensions: 11.2 x 8.9 x 1.3 inches

Shipping Weight: 1.7 pounds

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #1,105,184 in Books (See Top 100 in Books) #113 inÂ Books > Arts &

Photography > Performing Arts > Dance > Modern #13391 inÂ Books > Health, Fitness & Dieting >

Exercise & Fitness #89673 inÂ Books > Humor & Entertainment

Customer Reviews

This book was pretty straight forward!It was great to include Dancing to the usual routine of weight lifting.Would Recommend!

Jazz hands. First!

Fantastic with fantastic pictures and in great shape.

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