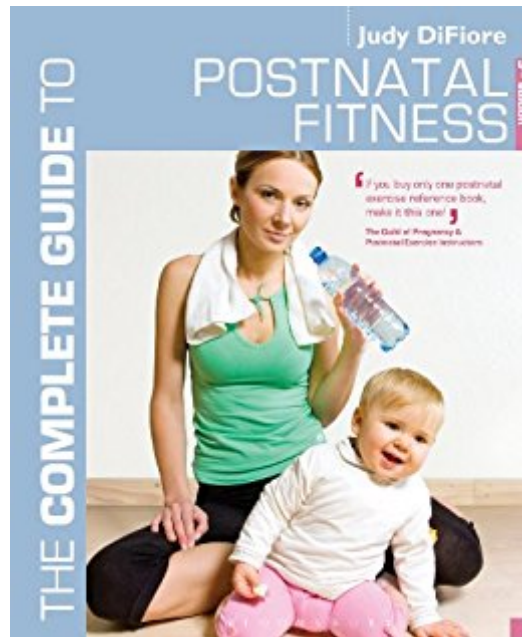




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# The Complete Guide To Postnatal Fitness (Complete Guides)



## Synopsis

The third edition of this Complete Guide. A guide for new mums, fitness leaders and physios on how to regain fitness following the birth of a baby, including lots of exercises, advice, and all relevant anatomy and physiology. Clearly explained, fully updated and packed with exercises. Includes new guidance and up to date references, and all illustrations replaced with new photographs.

## Book Information

File Size: 5136 KB

Print Length: 257 pages

Page Numbers Source ISBN: 1408124556

Publisher: Bloomsbury Sport; 1 edition (December 13, 2013)

Publication Date: December 13, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00GO3ZBJM

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #739,550 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

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#108 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy #5978 inÂ Kindle

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## Customer Reviews

The book contains a lot of information and research. However the book is too detailed and technical for people who are not in the health industry. The layout and the photos could be clearer and more illustrative.

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