



## Mulan (fitness program guide book)(Chinese Edition)

By LV QIANG

paperback. Condition: New. Language:Chinese.Pages Number: 90 Publisher: Jilin Publishing Group Pub. Date:2010-01-01 version 1 2010-01-01 1st printing. Lu Qiang compiled the Mulan (fitness program guide book). illustrated. practical. and describes the origins and development of Mulan. sports health. basic skills. motor skills and other knowledge. so that readers in the learning process. not only sports and fitness can learn the methods. but also to learn the basics of health care. The book s publication is bound to dev.



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