

MnM's (And I Don't Mean Chocolate...): A Muscle And Movement Handbook By Jo Ann Staugaard-Jones



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That won't mean much to Mike Jones, who is project "I don't pick up the 8-pound shot until it's time to throw," Sam said. "I practice

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MnM's is a book about muscles and movement, written for anyone interested in learning about the human body, how it works and what can be done to improve it.

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