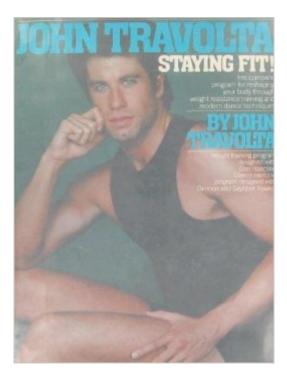
The book was found

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 stars Â See all reviews (3 customer reviews) Best Sellers Rank: #1,105,184 in Books (See Top 100 in Books) #113 in Books > Arts & Photography > Performing Arts > Dance > Modern #13391 in Books > Health, Fitness & Dieting > Exercise & Fitness #89673 in 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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