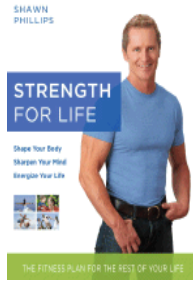
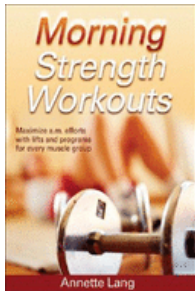


Mario Lopez's knockout fitness
 Mario Lopez .
 613.7 L881M



Strength for life : the fitness plan for the best of your life
 Shawn Phillips with Pete Williams.
 613.7 P546S



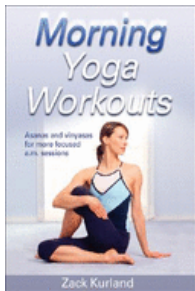
Morning strength workouts
 Annette Lang
 613.71 L25M



Strength training past 50
 Wayne L. Westcott
 613.713 W511S2

Physical Fitness

These sources of information about physical fitness are available at the Racine Public Library.



Morning yoga workouts
 Zack Kurland.
 613.7046 K965M

Websites

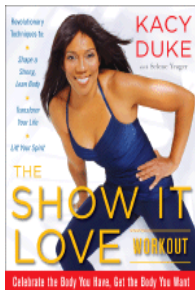
<http://www.fitness.gov>
 President's Council on Physical Fitness

<http://medlineplus.com>
 A source for exercise and physical fitness articles.

<http://physicalfitness.org>
 National Association for Health and Fitness

Magazines

Men's Health
 Muscle and Fitness
 Runner's World
 Shape
 Yoga Journal

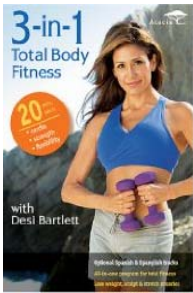


The show it love workout :
 celebrate the body you have,
 get the body you want
 Kacy Duke
 613.71 D885S

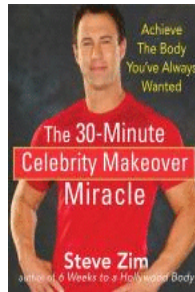


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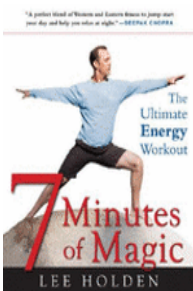
3-in-1 total body fitness
[videorecording (DVD)]
with Desi Bartlett
613.71 DTHR



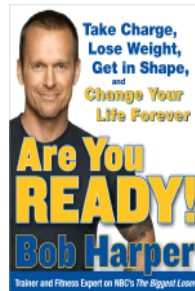
The 30-minute celebrity makeover miracle : achieve the body you've always wanted
Steve Zim
613.71 Z652T



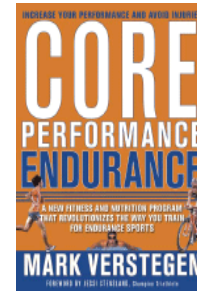
The complete guide to walking for health, weight loss, and fitness
Mark Fenton.
613.71 F367CN



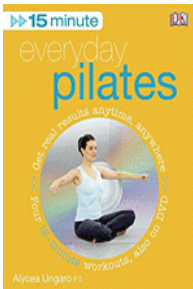
7 minutes of magic : the ultimate energy workout
Lee Holden
613.7 H711S



Are you ready! : take charge, lose weight, get in shape, and change your life forever
Bob Harper
613.25 H231A



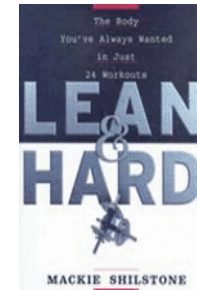
Core performance endurance : a new fitness and nutrition program that revolutionizes the way you train for endurance sports
Mark Verstegen
613.71 V638C



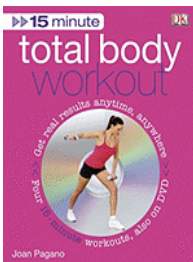
15 minute everyday pilates
Alycea Ungaro
613.71 UN311F



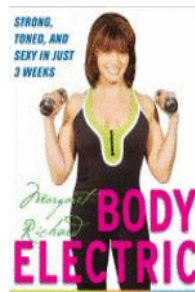
Balance training : stability workouts for core strength and a sculpted body
Karon Karter
613.7045 K149B



Lean and hard : the body you've always wanted in just 24 workouts
Mackie Shilstone.
613.71 SH624L



15 minute total body workout
Joan Pagano
613.71 P14F



Body electric : strong, toned, and sexy in just 3 hours a week
Margaret Richard
613.7 R385B



LL Cool J's platinum workout
LL Cool J and Dave
613.713 L1L