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# Bikini Competition Prep

# Bikini Competition 12 Week Training Guide

**David C. Nieman**

## **Bikini Competition 12 Week Training Guide:**

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Fitness, Inc Robert E. Pritchard, Gregory C. Potter, 1990      **Athletic Training and Physical Fitness** Jack H. Wilmore, 1977      **Physical Training; Supplement to Association Men**, 1977      **Kathy Smith's Winning Workout** Kathy Smith, Judy Jones, 1987      Journal of Sports Medicine and Physical Fitness, 2006      Coach's Guide to Excellence USA Wrestling (Organization), 1995      **The Journal of Health and Physical Education**, 1943      Fitness and Sports Medicine David C. Nieman, 1995      **Index de la Littérature Des Sports Et Des Loisirs**, 1982      **Journal of Health, Physical Education, Recreation**, 1961      **The Sports Medicine Fitness Course** David C. Nieman, 1986

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