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SEE MOM RUN: EVERY MOTHER S GUIDE TO GETTING FIT AND RUNNING HER FIRST 5K (PAPERBACK)



Adams Media Corporation, United States, 2014. Paperback. Book Condition: New. 211 x 137 mm. Language: English . Brand New Book. Finally--5K training plans tailored just for moms! Whether you're looking for a convenient way to lose lingering baby weight or just want to get in shape to keep up with your kids, See Mom Run will help you achieve all of your fitness goals. Author Megan Searfoss shows you how to take those first steps toward preparing yourself mentally...

Read PDF See Mom Run: Every Mother s Guide to Getting Fit and Running Her First 5K (Paperback)

- Authored by Megan Searfoss
- Released at 2014



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