

The Resistance Band Workout Book

By Ed Mcneely, David Sandler



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Complete instructions for using exercise tubing for fitness.





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The Resistance Band Workout Book By Ed Mcneely, David Sandler Bibliography

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Editorial Review

About the Author

David H. Sandler, the founder of Sandler Training, created the breakthrough "stress-free" sales training program that forever changed the landscape of professional selling. He passed away in 1995. David Mattson is the CEO of SandlerTraining, an international training and consulting organization headquartered in the United States. Since 1986, he has been a trainer and business consultant for management, sales, interpersonal communication, corporate team building and strategic planning throughout the United States and Europe.

Users Review

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