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# Heart Monitor Training

for the  
Compleat Idiot

3rd  
Edition!



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- ✓ Fewer injuries and no over-training
- ✓ Train efficiently without feeling tired all the time
- ✓ Learn to USE a monitor, not just WEAR one
- ✓ Get out the door in 10 minutes, with a plan!
- ✓ Adapt the monitor to your training, not the other way around

**John L. Parker, Jr.**

# Heart Monitor Training For The Compleat Idiot

**A Gutmann**



## **Heart Monitor Training For The Compleat Idiot:**

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Heart Monitor Training For The Compleat Idiot** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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