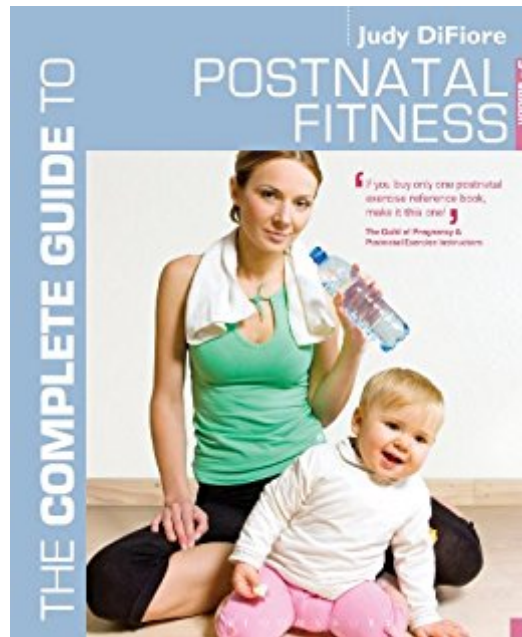




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The Complete Guide To Postnatal Fitness (Complete Guides)



Synopsis

The third edition of this Complete Guide. A guide for new mums, fitness leaders and physios on how to regain fitness following the birth of a baby, including lots of exercises, advice, and all relevant anatomy and physiology. Clearly explained, fully updated and packed with exercises. Includes new guidance and up to date references, and all illustrations replaced with new photographs.

Book Information

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Customer Reviews

The book contains a lot of information and research. However the book is too detailed and technical for people who are not in the health industry. The layout and the photos could be clearer and more illustrative.

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