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A must have for any DC Comics fan, the Batman Handbook is

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the ultimate guide to becoming the ultimate crimefighter. Topics covered include building armor for the Batmobile, recruiting/training a sidekick, performing backflips, swinging using flagpoles, and most importantly how to take a blow to the head. Great for kids but some older types too.

The Batman Handbook: The Ultimate Training Manual: Beatty

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Workouts | Sunny Health & Fitness | Create the Ultimate ... preferences may include the time of day to workout, how much time is available each day to workout, individual or team sports, and finally the goal of the fitness program. The questionnaire attached (FORM 1-1) is intended to give a fitness trainer the basics they need to personalize a fitness program that will work.

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