John Travolta, Staying Fit!: His Complete Program For Reshaping Your Body Through Weight Resistance Training And Modern Dance Techniques
**Synopsis**

Nice staying fit fun exercises book.

**Book Information**

 Hardcover: 253 pages  
 Publisher: Simon and Schuster (1984)  
 Language: English  
 ISBN-10: 0671497987  
 Product Dimensions: 11.2 x 8.9 x 1.3 inches  
 Shipping Weight: 1.7 pounds  
 Average Customer Review: 4.3 out of 5 stars  
 Best Sellers Rank: #1,105,184 in Books (See Top 100 in Books)  
 #113 in Books > Arts & Photography > Performing Arts > Dance > Modern  
 #13391 in Books > Health, Fitness & Dieting > Exercise & Fitness  
 #89673 in Books > Humor & Entertainment

**Customer Reviews**

This book was pretty straight forward! It was great to include Dancing to the usual routine of weight lifting. Would Recommend!

Jazz hands. First!

Fantastic with fantastic pictures and in great shape.

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 The Complete Strength Training Workout Program for Cross Fit: Develop More Power, Speed, Agility, and Flexibility Through Strength Training and Proper Nutrition  
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