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Ten Little Fingers and Ten Little Toes Be Iron Fit

## **Ten Little Fingers and Ten Little Toes 2008**

as everyone knows nothing is sweeter than tiny baby fingers and chubby baby toes and here from two of the most gifted picture book creators of our time is a celebration of baby fingers baby toes and the joy they and the babies they belong to bring to everyone everywhere all over the world this is a gorgeously simple picture book for very young children and once you finish the rhythmic rhyming text all you ll want to do is go back to the beginning and read it again the luminous watercolor illustrations of these roly poly little ones from a variety of backgrounds are adorable quirky and true to life right down to the wrinkles dimples and pudges in their completely squishable arms legs and tummies

## **Be Iron Fit 2010-03-16**

ever dream of being an elite endurance athlete and competing in races like hawaii s ironman professional athletes are not the only people who have the ability to attain superior athletic accomplishments every season tens of thousands of amateur triathletes compete head to head pushing their physical and mental strength to the absolute limits the standard ironman competition is a true test a 2 4 mile open water swim followed by a 112 mile bike leg and a 26 2 mile marathon run sought after multisport coach don fink assures readers that the challenge is not too difficult the dream is not impossible his time efficient training methods have been honed over the years and have been proved to aid anyone in achieving their athletic dreams be iron fit provides practical training information in a step by step enjoyable way so that even everyday athletes can attain ultimate conditioning included in this revolutionary guide is information on the essential workouts the training cycle core training 12 week training programs effective time management the principle of gradual adaptation effective heart rate training preparing with training races proper technique equipment tips race and pre race strategies mental training effective goal setting and race selection nutrition and much more with the proper preparation and training techniques explained here virtually anyone can attain supreme fitness

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