Styrketrening I Teori Og Praksis

The Strength Training Anatomy Workout

Kiss and Wake-Up

Dance Fitness

You wanted the truth, you got the truth—the hottest book in the world! Fueled by an explosive mix of makeup, costumes, and attitude, KISS burst onto the music scene thirty years ago and has become a rock institution. The band has sold more than 80 million records, has spawned 100+ No. 1 singles, and has achieved every conceivable level of success. With KISS and Wake-Up, you get the whole truth about the music, the men, the women, the shows, the women, the music, and the madness. The book is packed with never-before-seen photographs, including hundreds of unpublished images from KISS’s private archives. The book also includes an extensive set of photographs from the KISS Army, as well as testimonials from fans who have been part of the KISS Army for decades. The book is a must-read for anyone interested in the history of rock and roll, as well as for fans of KISS. The book is available in paperback and as a digital download. 

Kiss and Wake-Up:

- 400 photos: From the early days to the present, KISS and Wake-Up features 400 never-before-seen photos, including images from KISS’s private archives.
- 200 pages: The book is 200 pages long, including text and photographs.
- Hardcover: The book is available in hardcover.

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