



Weight Training For Dummies (For Dummies (Lifestyles Paperback))

Liz Neporent, Suzanne Schlosberg

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The comprehensive guide to weight training for anyone looking to build muscles and develop a stronger, healthier body, *Weight Training For Dummies* allows readers to design and perform a balanced weight-training program based on their lifestyle, abilities, and fitness goals. 100+ photos & illustrations.

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