



Knack Weight Training for Women: Step-By-Step Exercises For Weight Loss, Body Shaping, And Good Health (Knack: Make It Easy)

Leah Garcia

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Weight training is today recognized as a key part of a well-rounded health and fitness program not only for men but also for women, and this book provides a clear and easy-to-follow visual understanding of all the essential principles. Covering both home programs and gym routines, it combines photos of exercises with anatomical illustrations depicting where muscles are, how they work, and why strengthening them will yield results?whether that means more shapely arms and legs, or an overall slimmer profile.

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