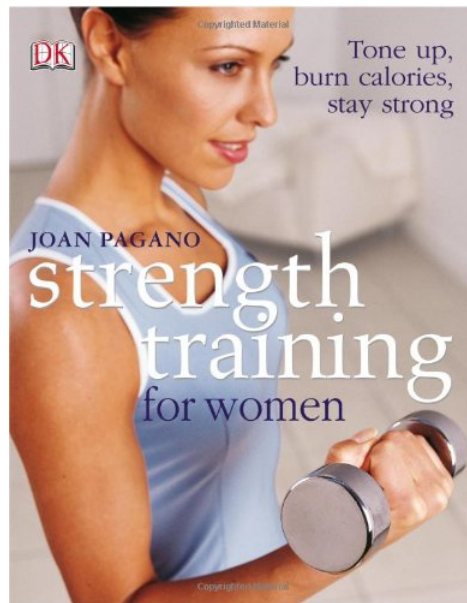


[GET] Strength Training For Women: Tone Up, Burn Calories, Stay Strong



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A woman's guide to strength training offers helpful instruction in how to get in shape and beat the aging process with a sensible, effective program for home or gym that can be modified according to age and skill level. Original.

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