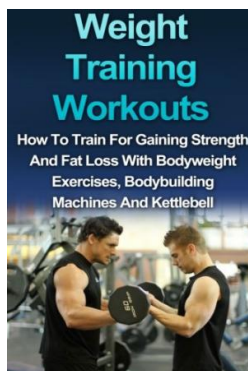


## Weight Training Workout: How to Train for Gaining Strength and Fat Loss with Bodyweight Exercises, Bodybuilding Machines and Kettlebell



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