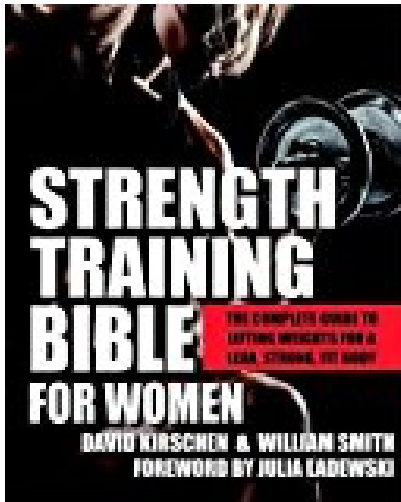


# Strength Training Bible for Women The Complete Guide to Lifting Weights for a Lean Strong Fit Body

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## BOOK DETAILS

- Author : David Kirschen
- Pages : 288 Pages
- Publisher : Hatherleigh Press
- Language : English
- ISBN : 1578265886

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## BOOK SYNOPSIS

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