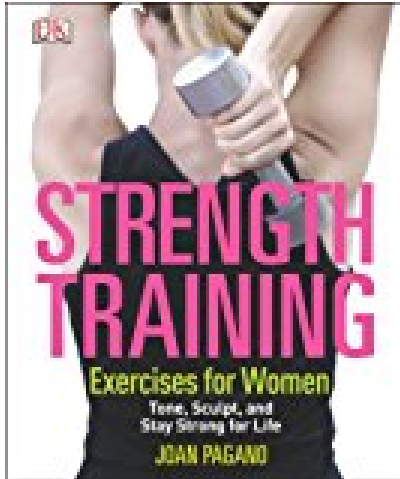


# Strength Training Exercises for Women

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## BOOK DETAILS

- Author : Joan Pagano
- Pages : 336 Pages
- Publisher : DK
- Language : English
- ISBN : 1465415807

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## BOOK SYNOPSIS

Packed with more than 200 visual step-by-step exercises designed to burn calories, strengthen the core, and tone the body, Strength Training for Women is a must-have for core-conscious women who want to target key areas of their body and maintain all-round strength and fitness.

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