



Idiot's Guides: Weight Training

Abby Fox

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Perfect for the beginner weight trainer, this easy-to-use guide uses color photographs to show exactly where to start and finish each exercise, along with the steps in between, so you'll learn the proper form and steps needed to strengthen and train every muscle group like a professional. Covering the 100 best weight training exercises for beginners, this book shows you how exercises build on preceding exercises. Weight training has never been clearer or easier to learn!

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