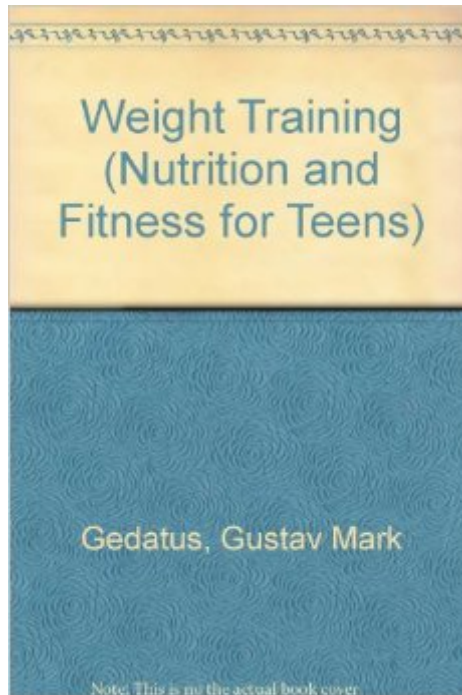


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# Weight Training (Nutrition And Fitness)



## Synopsis

Explains how weight training contributes to fitness, and also reviews proper nutrition, supplements, setting up a program, and describes how to lift and gives examples of basic exercises.

## Book Information

Series: Nutrition and Fitness

Library Binding: 64 pages

Publisher: Capstone Press (January 1, 2001)

Language: English

ISBN-10: 073680708X

ISBN-13: 978-0736807081

Product Dimensions: 9.3 x 7.3 x 0.4 inches

Shipping Weight: 10.4 ounces

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