



The Complete Idiot's Guide to Weight Training Illustrated, Fourth Edition (Complete Idiot's Guides (Lifestyle Paperback))

Deidre Cane, Jonathon Cane

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The Complete Idiot's Guide® to Weight Training Illustrated, Fourth Edition, is for both novice and intermediate gym workouts. Multiple exercises are explained with step-by-step instructions using well over 300 illustrations in this large-trim, easy-to-read training guide. Every muscle group is worked and every piece of equipment one is likely to find in gyms is fully explained and illustrated.

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