



**Weight Training:Weight Training Workouts For
Everyone 2nd Edition - Man, Woman, Big Or
Small We Have Workouts For You: The Only
Guide With A Weights Routine ... training,exercise
motivation)**

Sam Zenneth

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We Have What You Need, Period

New 2nd Edition

Lets face it, weight training books are very general, there is not a personal feel to them, they are telling you about this routine, this tip, this vitamin but the reality is we all have different bodies and we all need individual guidance, now of course that is very tough to give within a book however I have given more than most books, I give weight training routines, tips and tricks for men and women big or small.

My 2nd edition goes further into detail helping you gain more insight into your type of body and how to utilise weight training for optimum results.

Here is a run down of what you will get inside!

- Your weight training 101
- How To Firm Up And Gain Strength
- How To Gain muscle Fast
- Adjustments And Routines for your body type

The price is still only \$2.99 just like the original but it will go up soon

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