



101 Strength Training Workouts & Strategies (101 Workouts)

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From the editors of *Muscle & Fitness* magazine, which has been excelling in the area of physique transformation for over 70 years, this book is built on the foundation that the key to a strong, healthy body is an effective muscle and strength-training program. This health provides all the guidance needed to achieve workout goals and have a muscular body.

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