



WEIGHT TRAINING BOOK

MEN AND WOMEN: THIS NEW TOTAL BODY BEAUTY PROGRAM WILL HAVE YOU FEELING GOOD AND LOOKING GREAT IN JUST A FEW SHORT WEEKS, BASED ON THE REVOLUTIONARY PRINCIPLE THAT THE BODY RESPONDS MORE QUICKLY, AND MORE BEAUTIFULLY, TO A SCIENTIFIC WEIGHT TRAINING PROGRAM THAN TO ANY OTHER TYPE OF EXERCISE, THIS IS THE BODY-SHAPING PLAN THAT HAS MADE GOLD'S GYM IN CALIFORNIA THE MOST CELEBRATED HEALTH AND BEAUTY CENTER IN THE WORLD. IT IS DESIGNED TO ALLOW YOU TO SELECT THE "SETS" THAT FIT YOUR PERSONAL NEEDS. AND TO ACHIEVE SPECTACULAR RESULTS IN JUST FIFTEEN MINUTES A DAY.

Golds Gym Weight Training Book

Ken Sprague

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