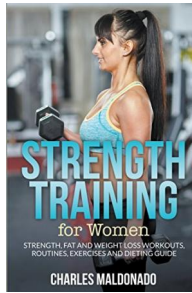


## Strength Training for Women: Strength, Fat and Weight Loss Workouts, Routines, Exercises and Dieting Guide



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