



# Lifting For Women: Essential Exercise, Workout, Training and Dieting Guide to Build a Perfect Body and Get an Ideal Butt

*Charles Maldonado*

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Lifting has been a way to keep people strong and it also helps in boosting their overall health. Lifting used to be only for the men, but nowadays more and more women are growing to love the concept of lifting and weight lifting contests for women are being held worldwide.

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