



# Fitness Weight Training (Fitness Spectrum Series)

*Thomas R. Baechle, Roger W. Earle*

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**Fitness Weight Training (Fitness Spectrum Series)** Thomas R. Baechle, Roger W. Earle

This easy-to-use manual helps readers determine what they want from weight training and provides 50 color-coded, progressive workouts that they can follow according to their fitness level and personal goals.

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