



WEIGHTLIFTING ROUTINES: 8 Weeks of Weightlifting Routines to Gain Strength and Lose Weight (Workout Routine Fitness Books)

Kelli Rae

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This short book is intended for people who have some experience in the gym, but need a detailed plan or a little direction. I will assume that you have already been cleared by your doctor to undergo a weightlifting routine.

Over the next 8 weeks, you will have a plan for your weightlifting routines. There are 4 to 6 routines each week, divided into various body parts.

Ready to have some fun and smash your health and fitness goals? Read on!

Author's Note: There are some FREE bonus cardio routines at the end of the book.

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Deborah Walker:

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