

# 101 Strength Training Workouts & Strategies - Muscle & Fitness

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From the editors of Muscle Fitness magazine, which has been excelling in the area of physique transformation for over 70 years, this book is built on the foundation that the key to a strong, healthy body is an effective muscle and strength-training program. This health provides all the guidance needed to achieve workout goals and have a muscular body. Author: Fitness, Muscle & Publisher: Triumph Books  
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