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*James Orvis*

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# Weight Training Workouts that Work:Volume II. What exactly to do at every workout to lose weight forever!

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The ultimate workout guide. Simple, tested, proven weight training routines.

12 week program with week-by-week workouts all planned out. Just like having your own personal trainer for a fraction of the cost.

Includes 3 detailed photos of each of the 40 best weight lifting exercises ever invented. Showing the full range of motion so you will never perform an exercise incorrectly again.

Start today on your new body. Its fast, easy and only takes an hour or two per week. GUARANTEED!

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