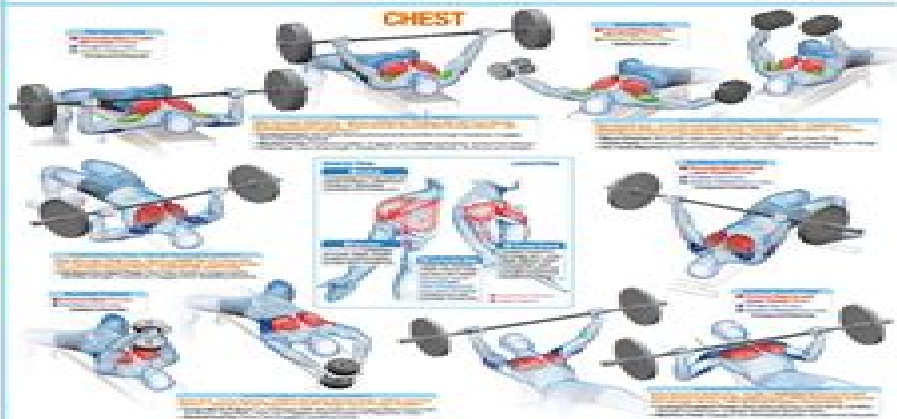


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# Exercise Weight Lifting Guide

**Kathleen Armour**



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