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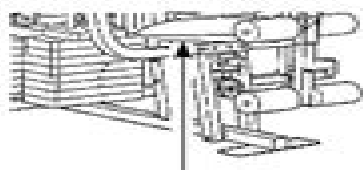
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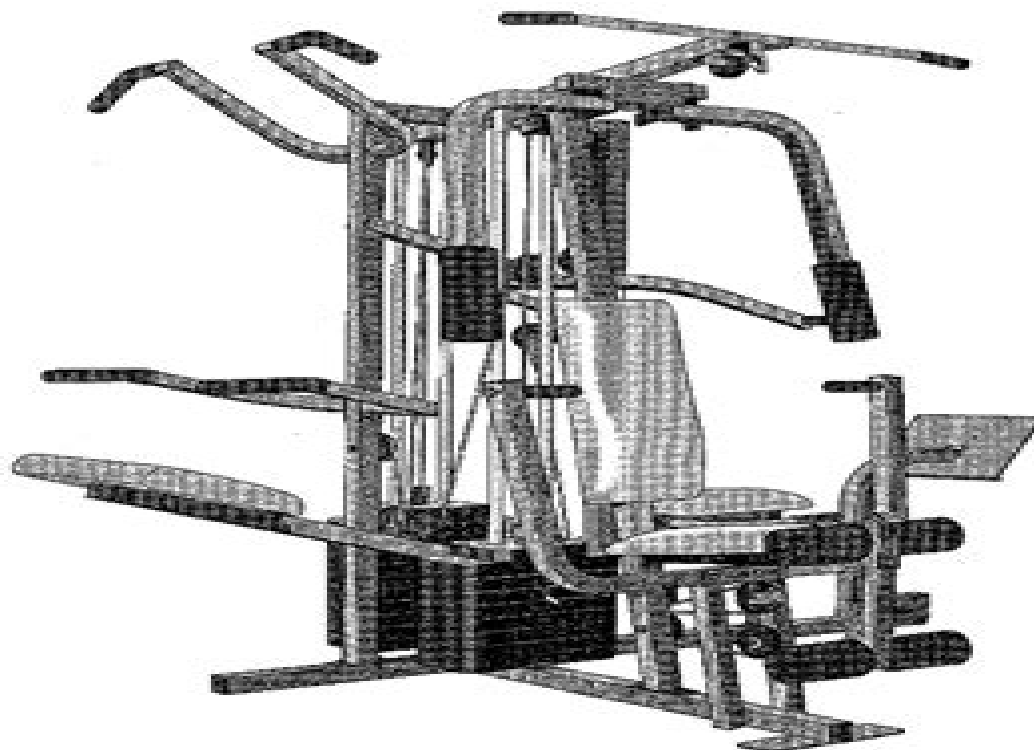
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# Weider 9645 Home Gym Exercise Guide

**Ben Weider, Joe Weider, Daniel Gastelu**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

## **Weider 9645 Home Gym Exercise Guide:**

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musculoskeletal strength are some of the better known But when you re working out at home you re responsible for the whole plan What exercises should you do How many reps of each How often should you rest Are you feeling a cardio workout An upper body workout Or do you want to fit in a total body workout instead For many of us answering all these questions is an added stress we d rather avoid right now And the good news is that s something you can avoid without skipping your workout We are about to show you an immaculate at home workout program that take the guesswork out for you and will give you the whole exercise plan

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