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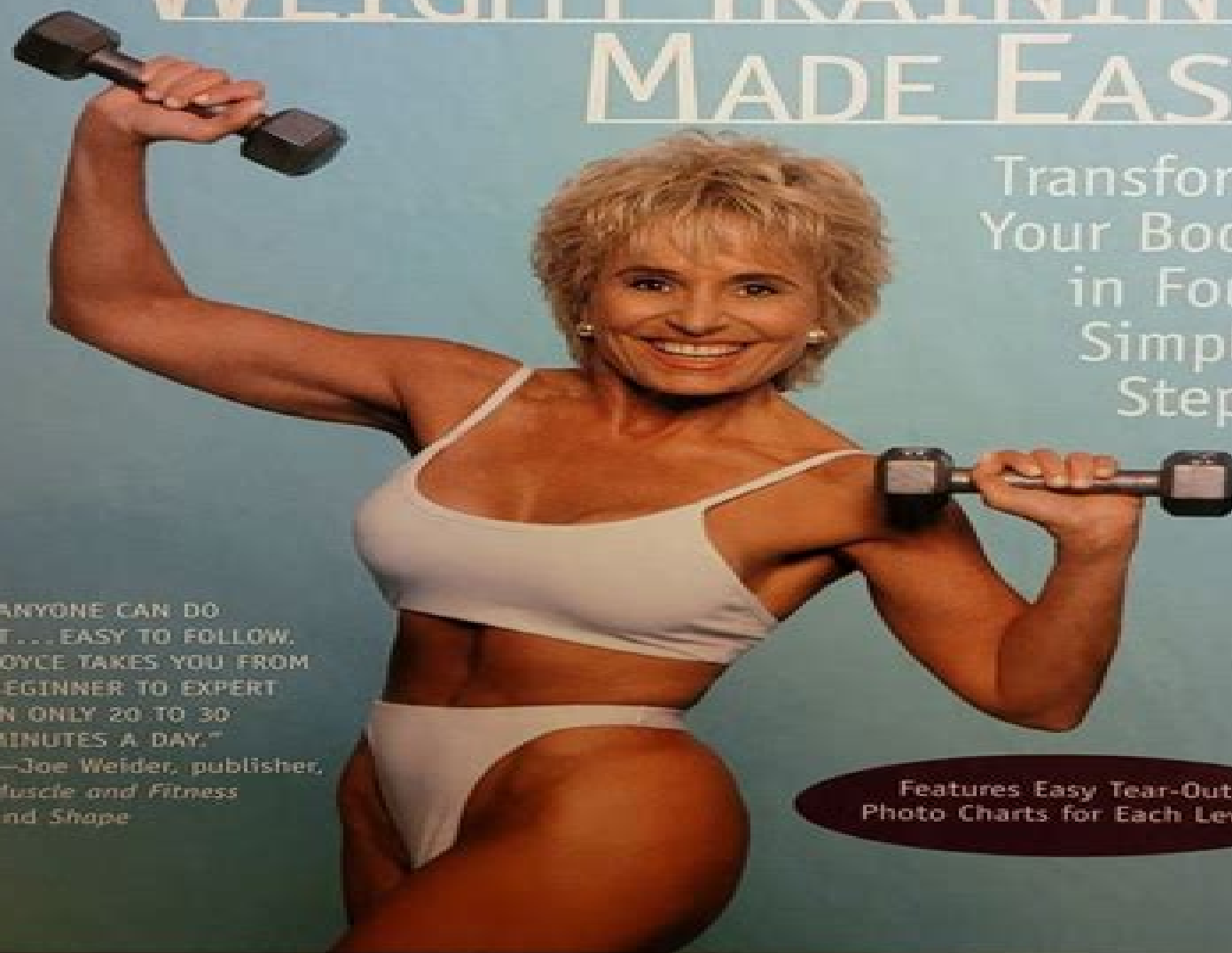
# WEIGHT TRAINING MADE EASY

Transform  
Your Body  
in Four  
Simple  
Steps

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MINUTES A DAY."

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# Weight Training Made Easy

**Thomas DeLauer**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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