



## Strength Training Deck (DK Decks)

*Joan Pagano*

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# Strength Training Deck (DK Decks)

Joan Pagano

## Strength Training Deck (DK Decks) Joan Pagano

Shape up without bulking up, and get a strong, feminine body, in the gym or at home. The *Strength Training for Women Deck* includes workouts that will boost your metabolism, so you can burn calories even when not working out. The information in this deck is clear and concise. It combines straightforward information with a fresh, clean design in a portable, easy-to-access format.

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