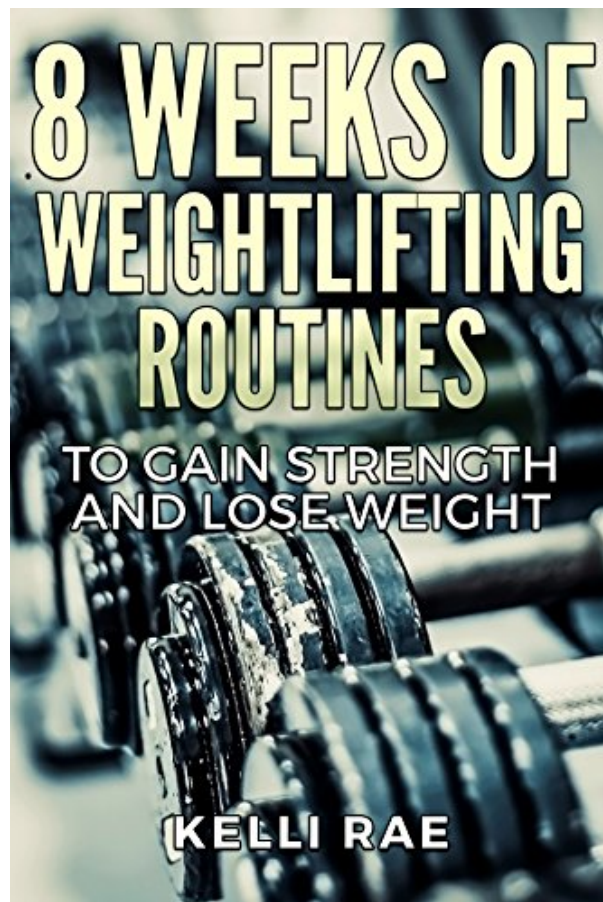
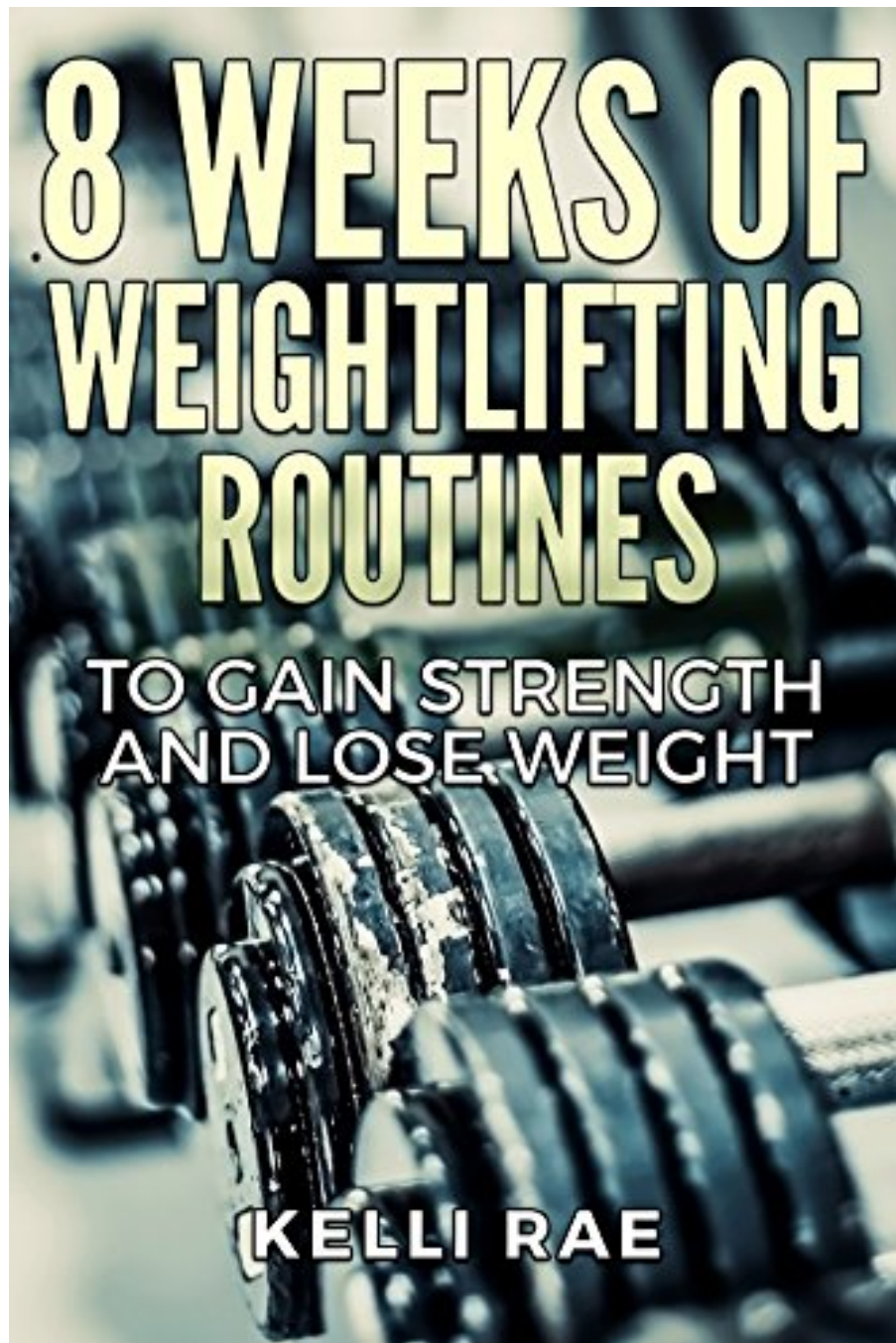


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Kelli Rae is a vegan and has been involved with the health and fitness industry for most of her life. She has played many competitive sports, from softball, to volleyball and tennis. She has also competed in two bikini competitions. She loves helping other people achieve their goals, and currently lives in Phoenix, AZ with her husband Dale and rescue cat Izzie.

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This short book is intended for people who have some experience in the gym, but need a detailed plan or a little direction. I will assume that you have already been cleared by your doctor to undergo a weightlifting routine.

Over the next 8 weeks, you will have a plan for your weightlifting routines. There are 4 to 6 routines each week, divided into various body parts.

Ready to have some fun and smash your health and fitness goals? Read on!

Author's Note: There are some FREE bonus cardio routines at the end of the book.

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By Rosalani

I was looking for a workout with use of actual weight machines. I want to use the Smith machine for squats, angled benches for chest press, cable machines. The workout was just with dumbbells. It may be a great routine but without some common vocabulary there is too much guess work and absolutely no direction on form. Disappointed.

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