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# Multi Gym Exercise Guide

**Friedman Fairfax Publishers**



## Multi Gym Exercise Guide:

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[The Official Gold's Gym Beginner's Guide to Fitness](#) David Porter, 2004-09 With the help of instructive photographs shot on location at Gold's facilities, this book on fitness features tips on getting started and staying motivated, warming up and stretching, choosing the right exercises for your specific goals, avoiding injuries and eating the right food

*Getting Stronger* Bill Pearl, 2005 Strength training for 21 sports. General conditioning. Body building

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