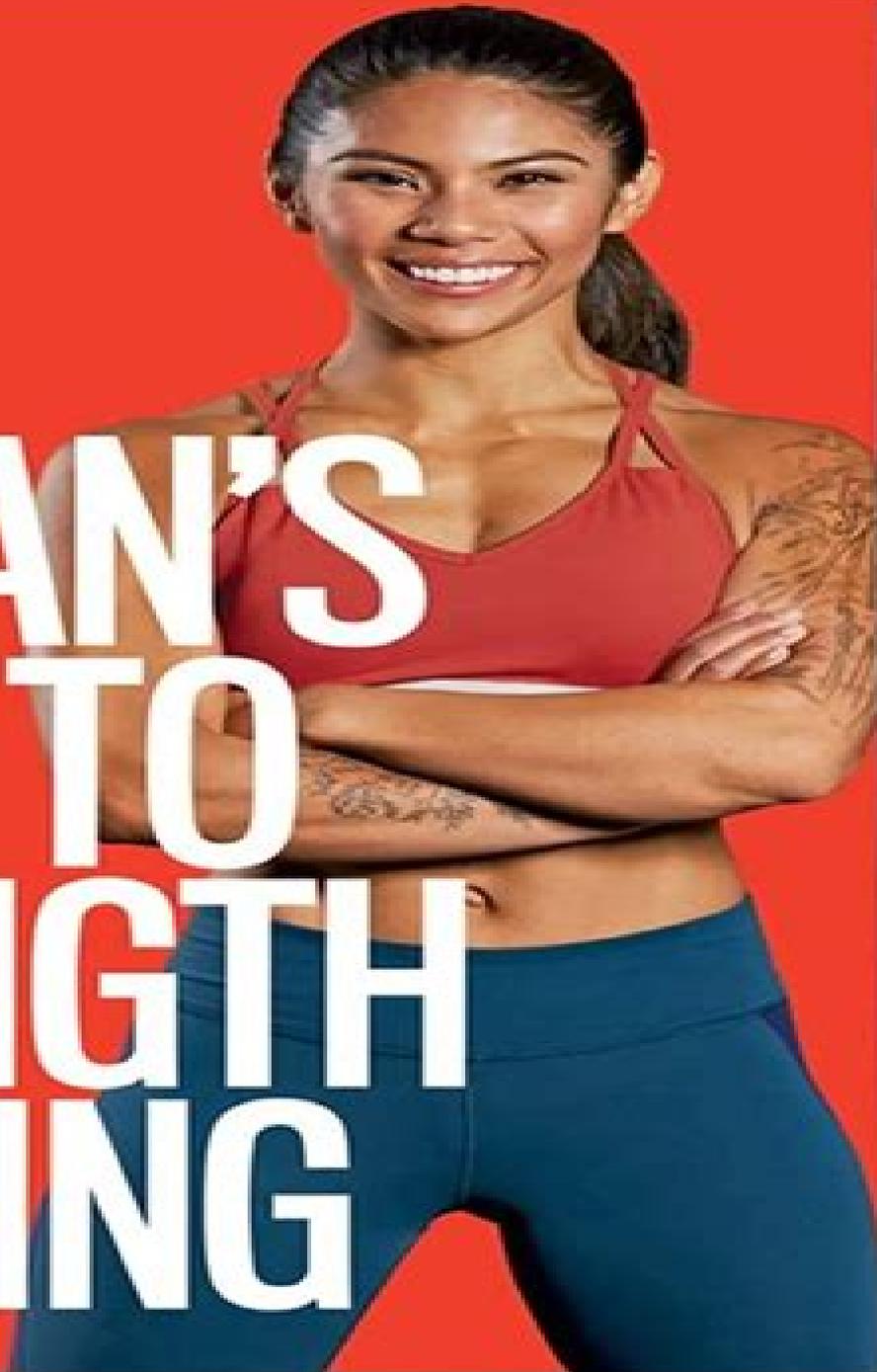


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# THE WOMAN'S GUIDE TO STRENGTH TRAINING



# A Womans Guide To Health

**EW Minium**



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