



# Gold's Gym Weight Training Book

*Ken Sprague*

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## **Gold's Gym Weight Training Book** Ken Sprague

Based on the proven method that's worked for millions of dedicated Gold's Gym followers, this new edition--completely revised and updated for the first time in more than a decade--will delight a whole new generation eager for this insider's guide to strength and fitness the Gold's Gym way. Over 200 photos.

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