



**Strength Training: How to Build Your Muscles,
Get Lean and Stay Fit: (Exercise, Strength
Training, Bodyweight Training, Strength
Training: For Beginners, Build Muscles, Workout)**

Adam Schneider

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Strength training: How to Build Your Muscles, Get Lean and Stay Fit

Strength training also called as resistance training or weight lifting is training your body with resistance or weights to reduce body weight, fat, increase muscle mass and strength.

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