



A person is lying on their back on a black exercise mat on a light-colored wooden floor. They are wearing a dark blue t-shirt, dark leggings, and white socks. They are holding two black dumbbells with blue accents above their chest, performing a bench press. In the background, there are large windows with a view of a cityscape. In the foreground, a pair of white sneakers and another dumbbell are on the floor.

# GUIDE TO STRENGTH TRAINING

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# Strength Training For Beauty

**Albert A Gayle**



## **Strength Training For Beauty:**

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