

# ULTIMATE GUIDE TO WEIGHT-FREE EXERCISES



WITH DETAILED INSTRUCTIONS AND ANATOMICAL ILLUSTRATIONS FOR 154 WEIGHT-FREE EXERCISES



Hollis Liebman, Sophie Cornish-Keefe, Nancy J. Hajeski, Alex Geissbuhler

# Ultimate Guide Fitness Workout

**Hollis Lance Liebman**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

## **Ultimate Guide Fitness Workout:**

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