



## Kathy Smith's Lift Weights to Lose Weight

Kathy Smith

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### Kathy Smith's Lift Weights to Lose Weight

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#### Kathy Smith's Lift Weights to Lose Weight Kathy Smith

From America's Leading Fitness Expert comes Kathy Smith's Lift Weights To Lose Weight, a 12-week guide to boosting metabolism, toning & sculpting the body, building stronger bones, & getting the body you want.



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