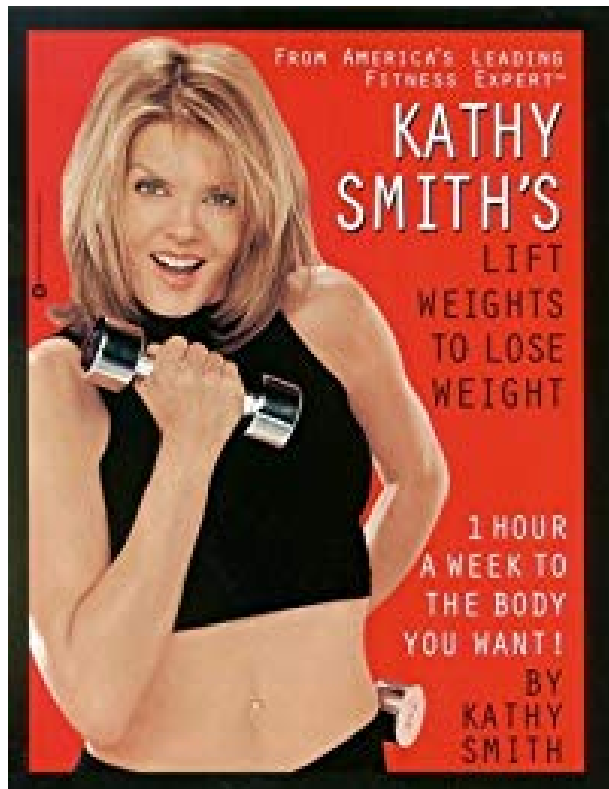


# Kathy Smith's Lift Weights to Lose Weight



<b>Language</b>	English
<b>Author:</b>	Kathy Smith
<b>Goodreads Rating:</b>	3.72
<b>ISBN13:</b>	9780446676311
<b>Published:</b>	January 1st 2001 by Grand Central Publishing
<b>ISBN10:</b>	0446676314
<b>Genre:</b>	Uncategorized
<b>Pages:</b>	304

[Kathy Smith's Lift Weights to Lose Weight.pdf](#)

[Kathy Smith's Lift Weights to Lose Weight.epub](#)

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.