

A stack of colorful gym weights (blue, green, red) is shown with a teal overlay. The text "TOP FITNESS GEAR" is prominently displayed in the center. In the background, a stack of weights is visible with labels such as "REP 40LB-110", "REP 30LB-1", and "REP 20LB-60LB".

TOP FITNESS GEAR

Award Winning Fitness Training Manual

DJ Losen



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