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James Orvis is a personal trainer and author. Starting in 1993, James has been teaching, researching, writing and using the best workout and nutritional programs for

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About james orvis-freado

James Orvis is a personal trainer and author. James two previous books are Weight Training Workouts that Work and Weight Training Workouts that Work: Volume II.

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This is a partial list of weight training exercises organized by muscle This table shows major muscles and the exercises used to work and strengthen that muscle

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