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JOE WEIDER. Today it is universally accepted that to be healthy one must exercise and eat a nutritionally balanced diet. But it wasn't always that way.

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Background. This vintage workout for beginners is from Joe Weider's 1954 booklet "The Science of Progressive Barbell and Dumbbell Exercises". Purpose

Weider Balance Stepper Inflatable stepper to adjust workout intensity Anti-slip foot pads Up and down motion shapes glutes and thighs

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