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JANUARY 2013

oxygen

ROBERT KENNEDY'S
WOMEN'S FITNESS



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LOVE CHEST
WORKOUTS.

training

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"It doesn't do your body good to stop at 15 reps when you could have repped out 20. What incentive does your body have to transform?"
— PG. 77

health & nutrition

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YOUR
FULL-
BODY
ROUTINE.

CHECK OUT NEXT MONTH'S ISSUE
FOR MONTH TWO OF OUR "BEST
BODY" WORKOUT SERIES.

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BURN
FAT WITH
CARBS.

