



Weight-Walking: A New Path to Health and Fitness

R. Schofield PhD

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Weight-Walking is a simple, effective exercise program designed for regular people. Armed with a lightweight dumbbell in each hand, you will perform a series of lifts, swings and stretches that exercise every major upper-body muscle group. Coupled with a sensible diet, Weight-Walking is the perfect way to get fit, tone up, and lose some weight.

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