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BOOKS. Leah Garcia, is the author of Knack Weight Training for Women, Step-by-Step Exercises for Weight Loss, Body Shaping, Knack Weight Training for Women

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Leah Garcia is the author of Knack Cycling for Everyone (3.25 avg rating, 8 ratings, 4 reviews, published 2010), Knack Weight Training for Women (3.00 av

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