

A woman in a black leotard is performing a squat in a gym. She is positioned between two large, dark, circular weights. The background shows gym equipment and a person in a white shirt. The entire image has a blue overlay. The text "Female weight training: a guide to starting safely" is written in a bold, blue, sans-serif font across the center of the image.

Female weight training: a guide to starting safely

Weight Training Safely

J Elliott



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