



**Home Weight Training for Women**  
*Shape Up At Home*

# Words & Pictures



# To Inspire & Motivate You

Brought to You by  
**Angeline Thiri**  
[www.home-weight-training-for-women.com](http://www.home-weight-training-for-women.com)



“A virtue and a muscle are alike. If neither of them is exercised, they get weak and flabby.”

Richard Rooney

“You can control your life by controlling your time.”

Conrad Hilton



