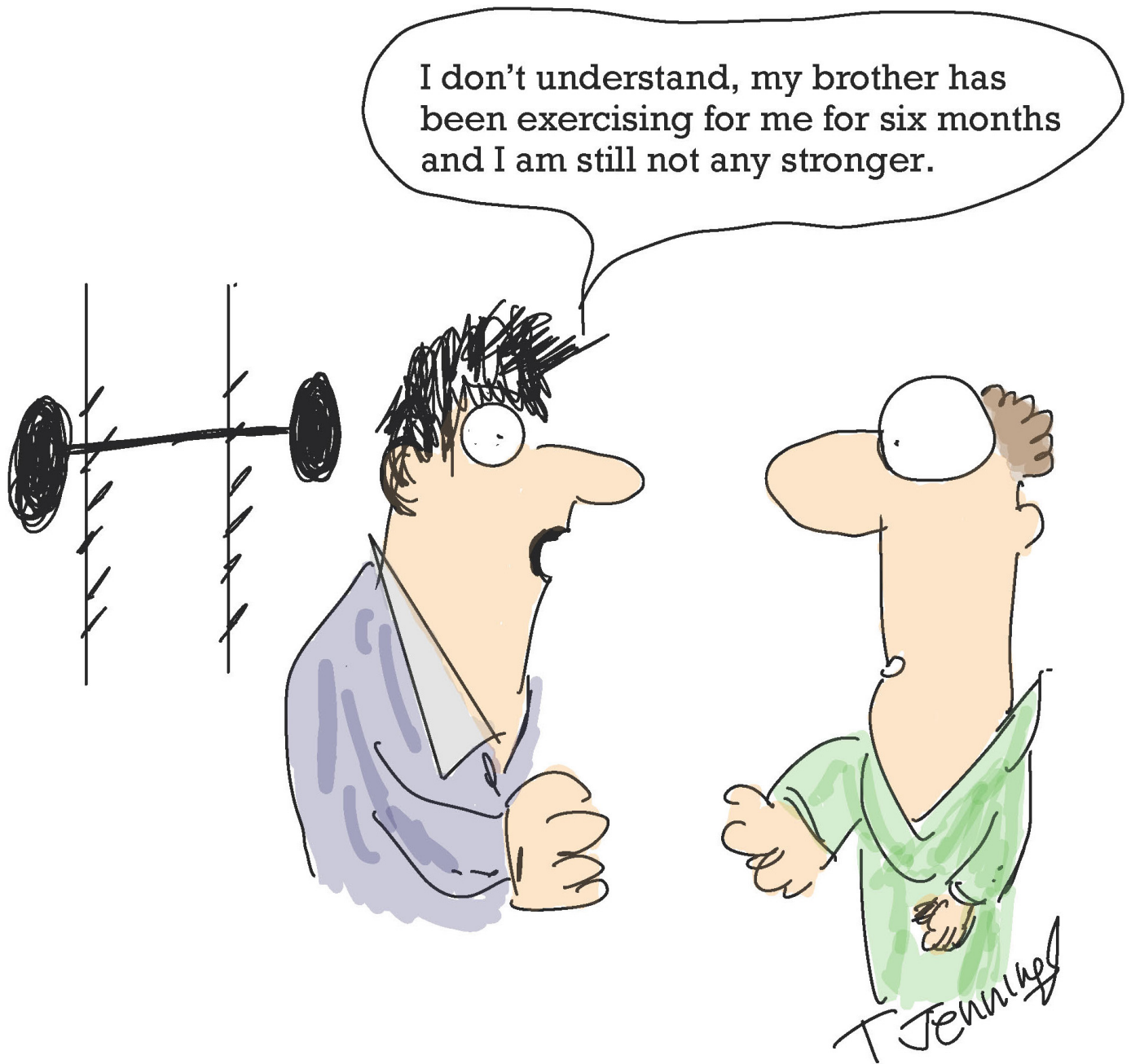


# Reasonettes: Weight Lifting

written by Tim Jennings, M.D. | November 18, 2019



I don't understand, my brother has been exercising for me for six months and I am still not any stronger.

