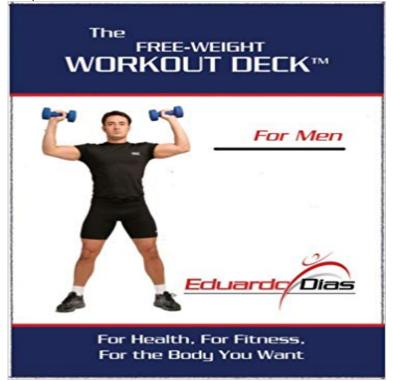
## The Free Weight Workout Deck- For Men. The Pocket Personal Trainer. By Eduardo Dias



No more big, bulky books! The Workout Deck: The new, easy way to learn how to exercise. A deck of cards-just like a regular deck of playing cards- with three complete workouts: Beginner, Intermediate, and Advanced. The only equipment you need is a pair of adjustable dumbbells (or dumbbell sets if you are working out at a gym). The workouts can be done just twice a week, for an average of 30 minutes! The perfect workout for home or gym. Comes with a ring to keep the cards together. You choose your workout, clip it together, and go.

Abravanel's World of Torah, upon completion, will comprise a multi-volume set of Don Yitzchak Abravanel's commentary to the Five Books of Moses. This series is not a linear translation but rather a methodical, structured interpretation of Abravanel's commentary. It is designed to be read and studied independently or can be used as an excellent guide and helpful companion to the Hebrew original.

Abravanel's World of Torah: Bereshit was originally published by Torah Renaissance Press in 2012. This was followed by a Second Printing (2nd Ed.) in 2013 and a Third Printing in 2014.

Abravanel's World of Torah: Shemot Volume I covers the first six parshiyot in Sefer Shemot. This volume features a systematic translation of Abravanel's classic commentary beginning with Parashat Shemot until the end of Parashat Mishpatim, plus much more.

Abravanel's World of Torah: Shemot Volume II concludes Sefer Shemot. It features an in depth analysis of the Mishkan (Tabernacle), the Thirteen Attributes, and much more.

Vayikra is due out in the Spring of 2017.

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