



# Catflexing: The Catlover's Guide to Weight Training, Aerobics and Stretching

*Stephanie Jackson*

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**Catflexing: The Catlover's Guide to Weight Training, Aerobics and Stretching** Stephanie Jackson  
Cat lover and fitness enthusiast Stephanie Jackson presents the Catflexing program, which lets readers use their feline companion to shape, tone, and reduce. Step-by-step photos lead readers through a comprehensive weight lifting program that includes such exercises as the standing catbell, kitty push-ups, and the unfortunate dead cat lift.

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