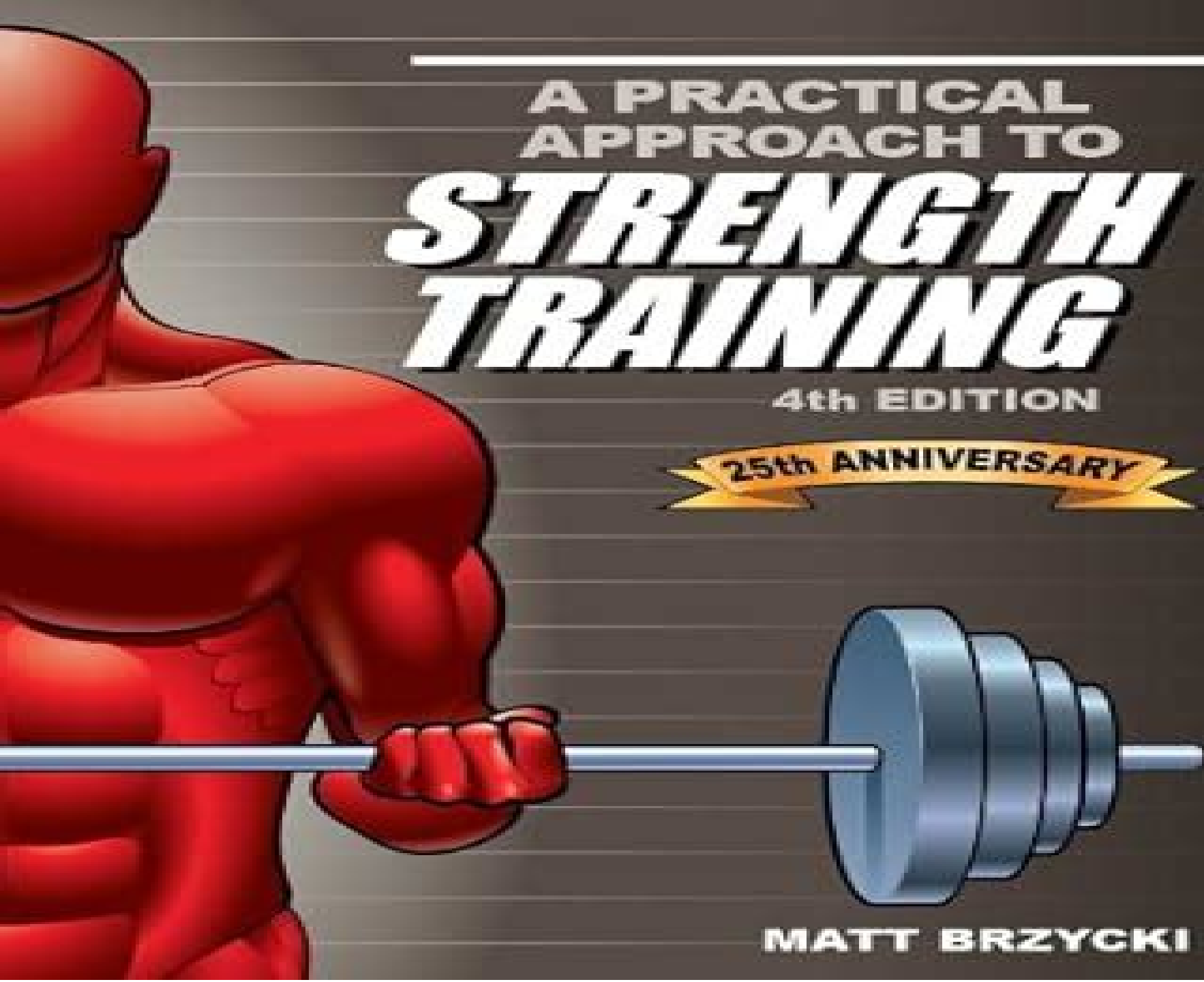

A PRACTICAL
APPROACH TO
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A Practical Approach To Strength Training

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