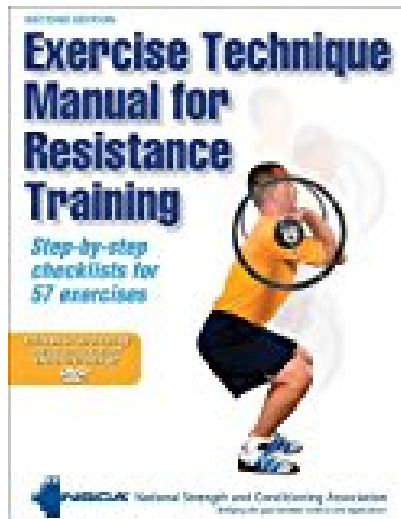


Exercise Technique Manual for Resistance Training-2nd Edition



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