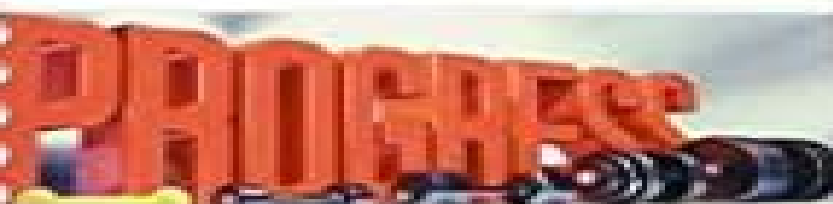


A Practical Approach to Strength Training



Joni M. Boyd



A Practical Approach To Strength Training

Lei Huang



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