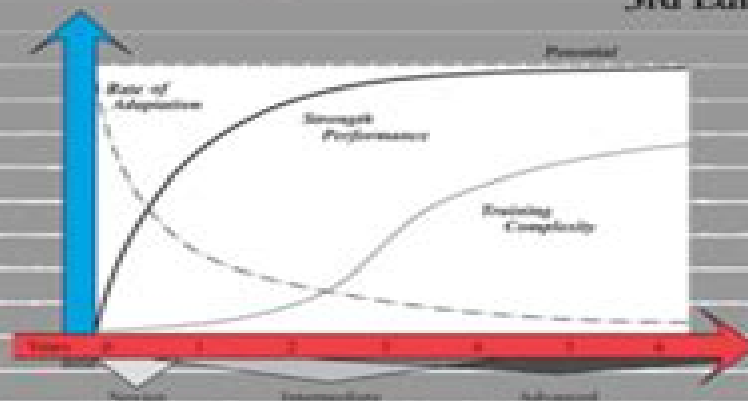


# Practical Programming for Strength Training

3rd Edition



Mark Rippetoe  
& Andy Baker

# Practical Programming For Strength Training R4nger5

**Shasha Hu**



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