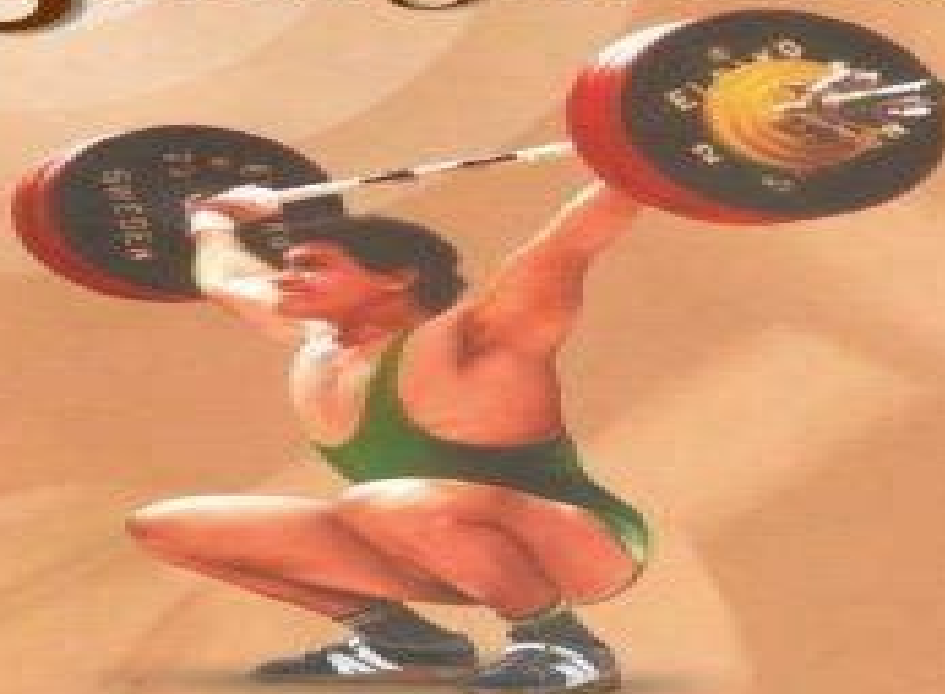


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Weightlifting & Strength Training

Second Edition



Mohamed F. El-Beheie, M.D.



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