

WEIGHTLIFTING

PROGRAMMING

A WINNING COACH'S GUIDE



BOB TAKANO

USA WEIGHTLIFTING NATIONAL COACH, 1980-1984, 1986-1988, 1990-1992, 1994-1996, 1998-2000, 2002-2004, 2006-2008, 2010-2012, 2014-2016, 2018-2020, 2022-2024

Bob Takano Weightlifting Programming

Jessica J Manson



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