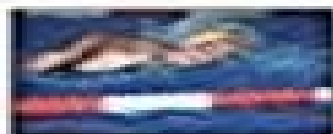


A PRACTICAL APPROACH TO **STRENGTH**



TRAINING



MATT BRZYCKI

A Practical Approach To Strength Training 4th Ed

JG Myers



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