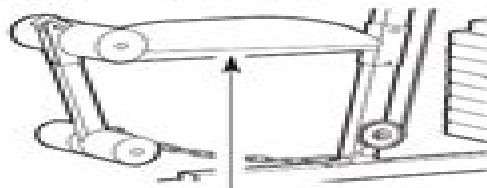


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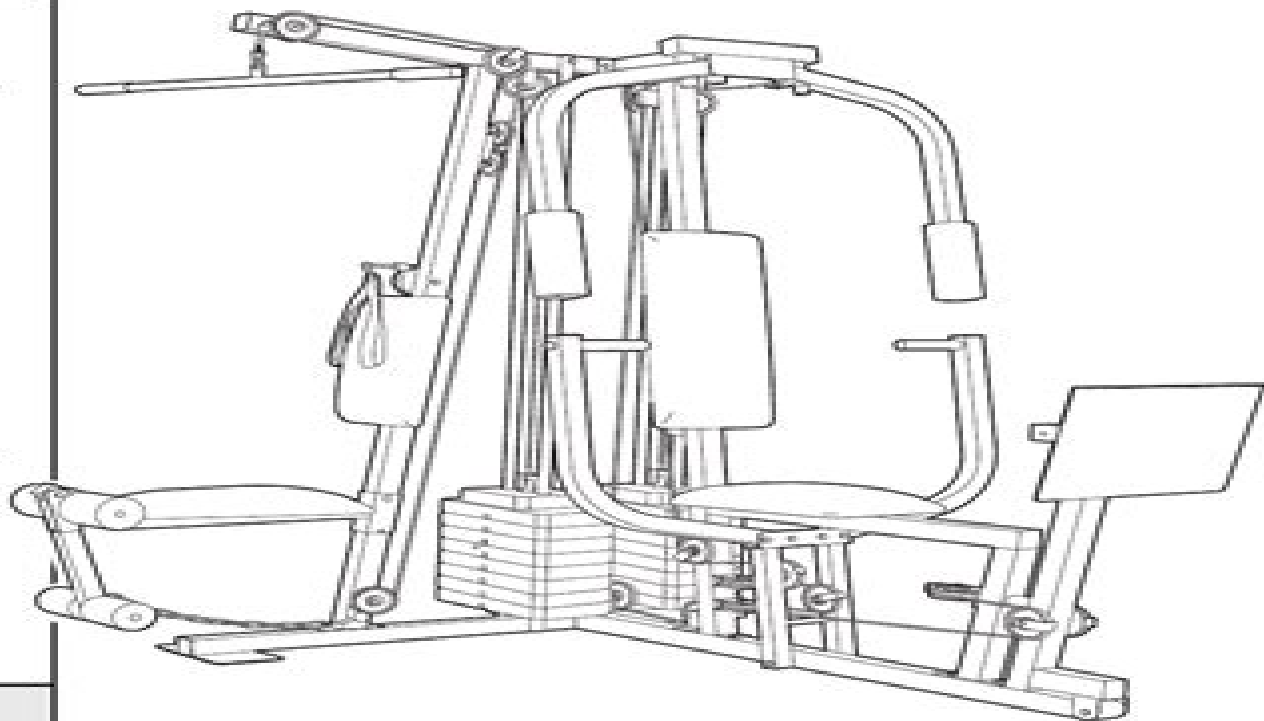
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Weider Weight Training Manual

Betty Weider, Joe Weider

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athletes including sports medicine specialists orthopaedic surgeons family practitioners physical therapists and trainers In a format designed for quick reference the book provides comprehensive guidance on the full range of issues in sports medicine from pre participation examinations protective equipment and training to care of specific medical problems and injuries to summaries of what to expect in each particular sport Paperback edition available only in selected countries Please check with your local representative or distributor *Medicine in the Twentieth Century* Roger Cooter,John Pickstone,2020-08-26

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