

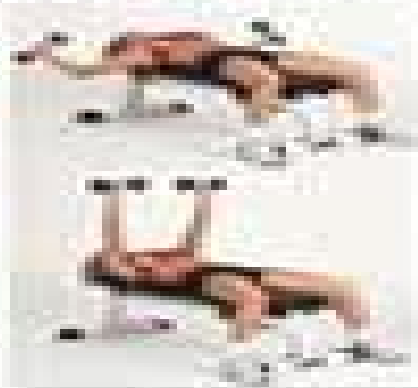
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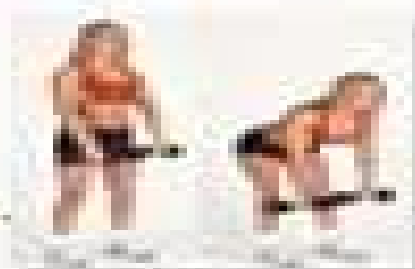
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Spri Dumbbell Exercise Guide

William E. Garrett, Donald T. Kirkendall



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