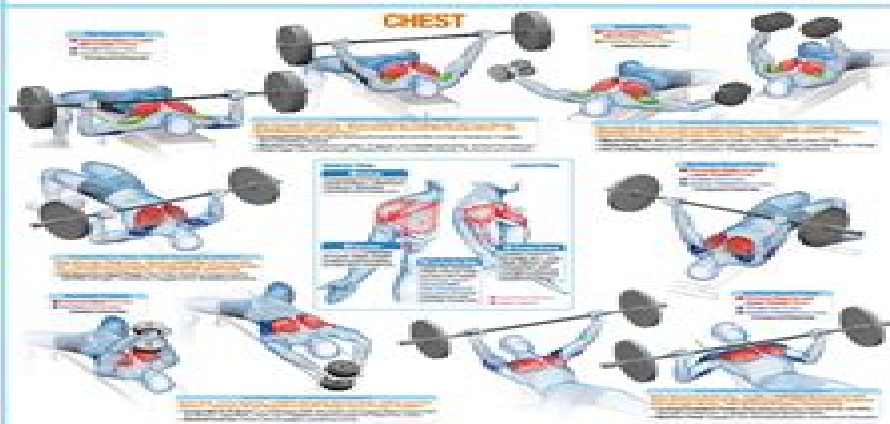


WEIGHT TRAINING



Weight Training Guides

Rob Price



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