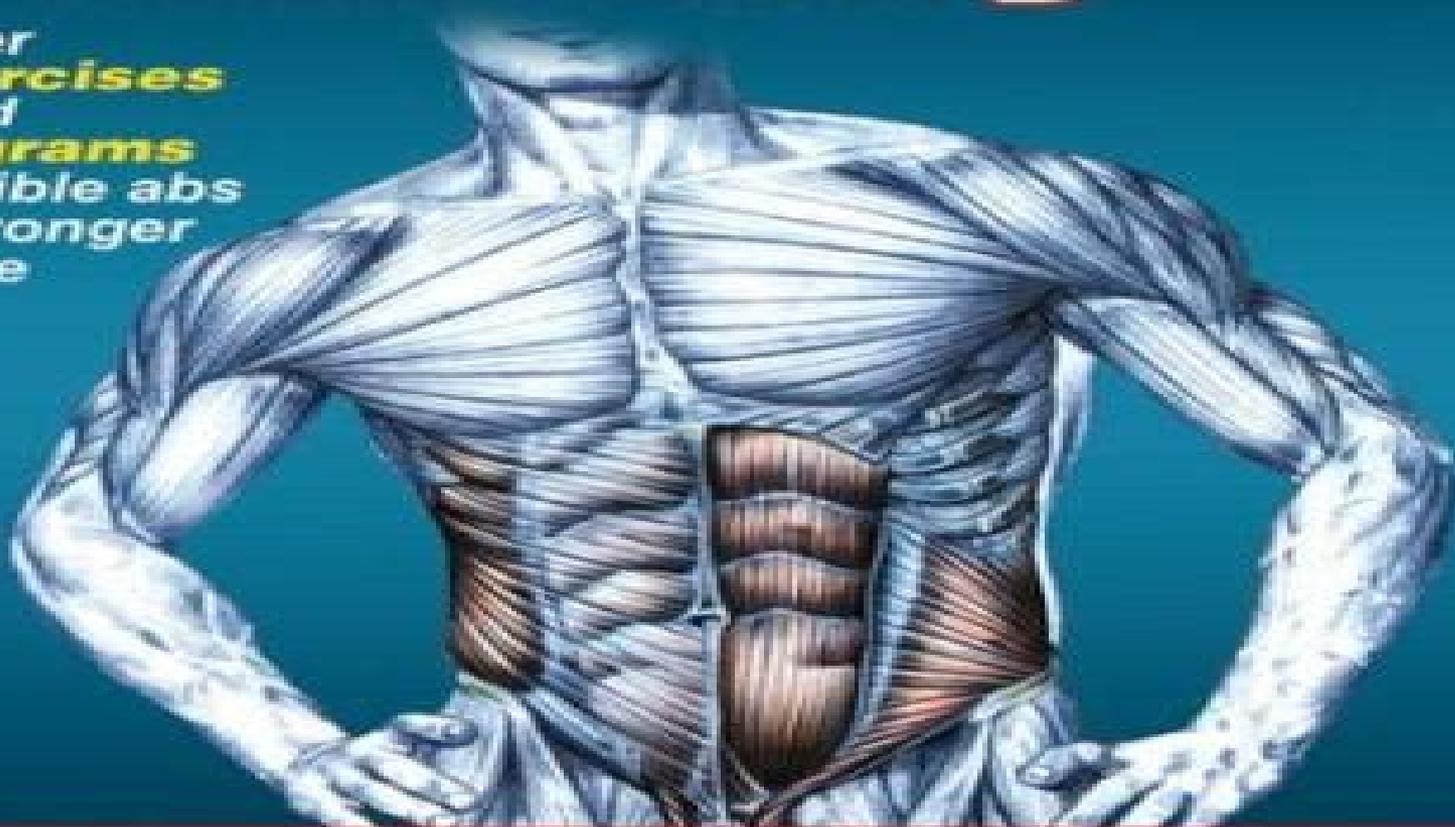




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The Strength Training Anatomy Workout II Frédéric Delavier, Michael Gundill, 2010 Provides illustrations photographs and step by step instructions for exercises and programs for strength power bodybuilding shaping and toning and sport specific training

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