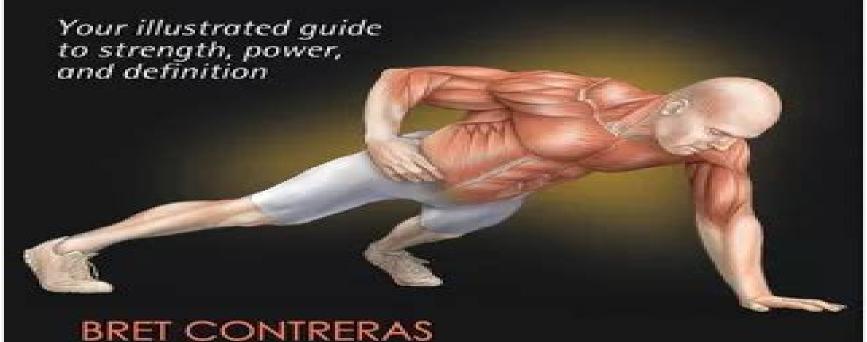
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Bodyweight Strength Training Anatomy

Victor M. Corman

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