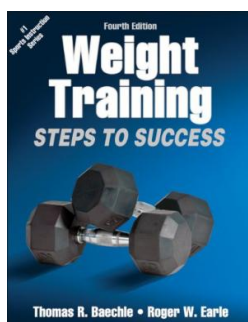


## Weight Training: Steps to Success (4th Revised edition)



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(Dr. Alberta Schmidt V)

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