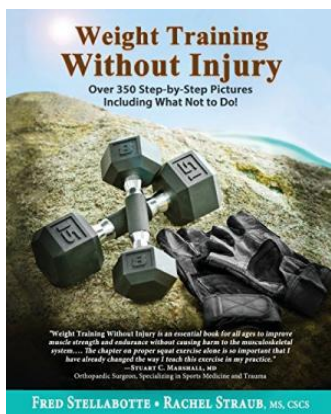


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WEIGHT TRAINING WITHOUT INJURY: OVER 350 STEP-BY-STEP PICTURES INCLUDING WHAT NOT TO DO!



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- Authored by Fred Stellabotte, Rachel Straub
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