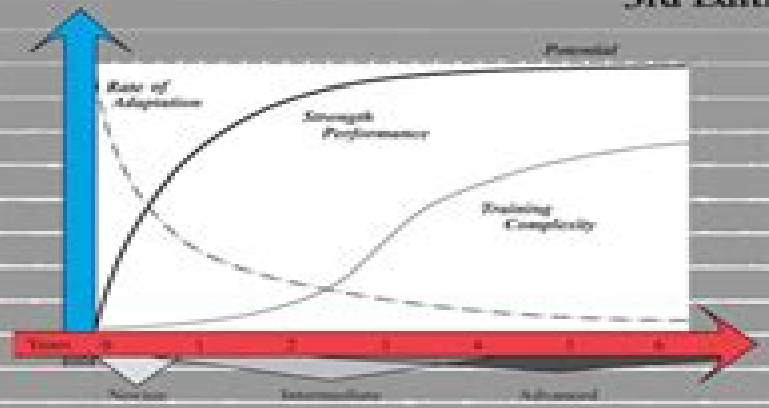
Practical Programming for Strength Training

3rd Edition



Mark Rippetoe
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