

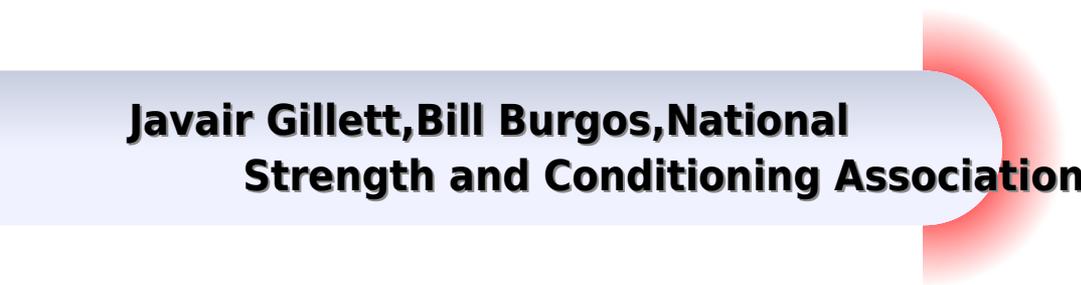
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Concurrent Periodization The Development Of Strength And

**Javair Gillett, Bill Burgos, National
Strength and Conditioning Association**



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