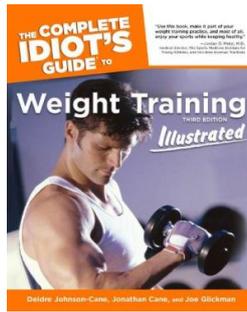


## The Complete Idiot's Guide to Weight Training Illustrated, 3rd Edition



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