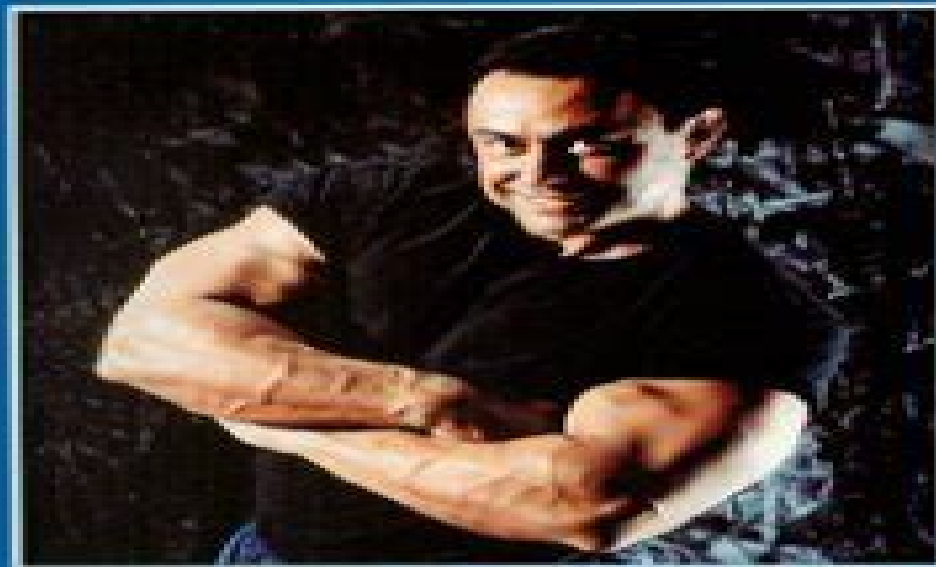


MODERN TRENDS IN STRENGTH TRAINING

Volume 1 • Reps and Sets • Second Edition



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P O L I Q U I N

Modern Trends In Strength Training

Maik Wiedenbach



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