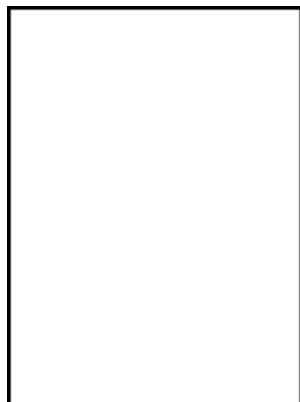


# Weight training instruction - steps to success

Human Kinetics Pub. - Indigo



Description: -

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Weight training Weight training instruction - steps to success

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Steps to success activity series Weight training instruction - steps to success

Notes: Includes bibliographical references (p. 196).

This edition was published in 1994



Filesize: 55.93 MB

Tags: #Steps #to #Success #Activity #Ser.: #Weight #Training #Instruction #by #Barney #R. #Groves #and #Thomas #R. #Baechle #(1994, #Trade #Paperback) #for #sale #online

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