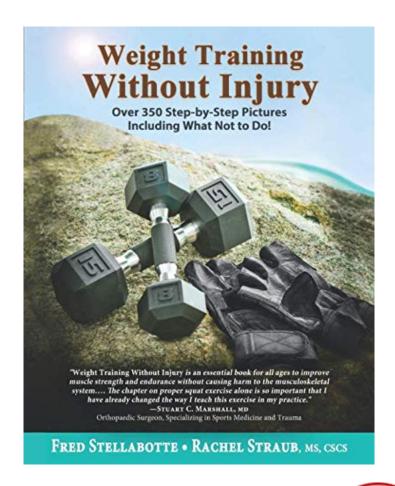
Weight Training Without Injury: Over 350 Step-by-Step Pictures Including What Not to Do! by Fred Stellabotte, Rachel Straub





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