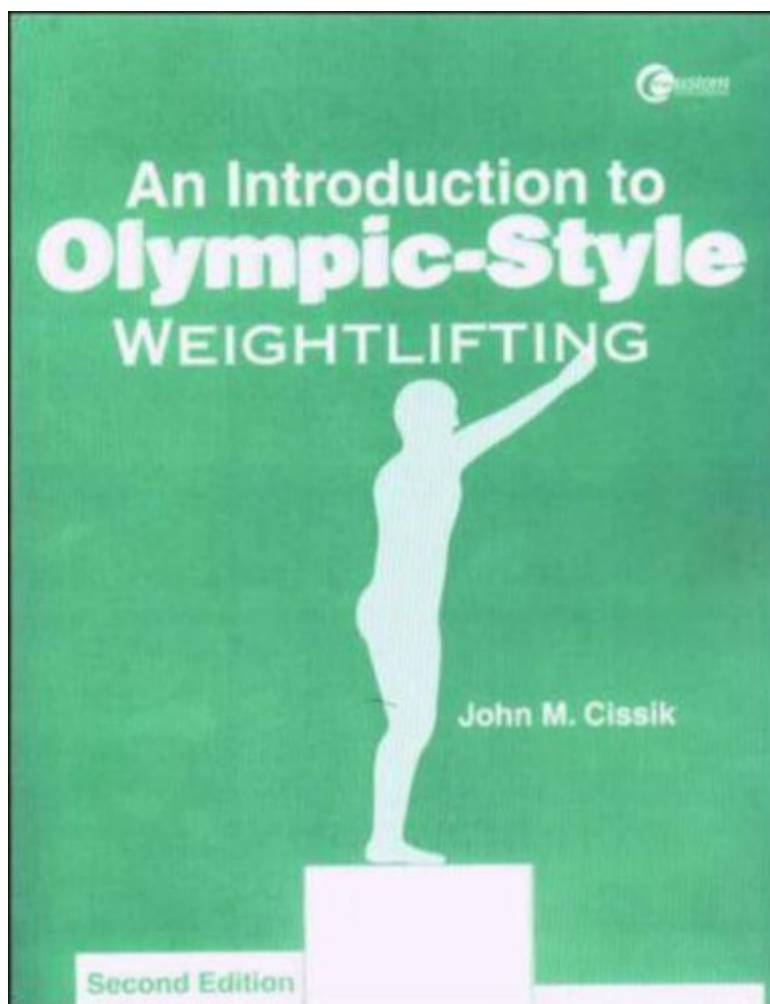


An Introduction to Olympic-Style Weightlifting PDF



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An introductory text with the primary focus on the techniques associated with the Olympic lifts and their assistance exercises. This text explains how to perform each exercise and why things should be done the correct way. Also includes an extensive "common error" section

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