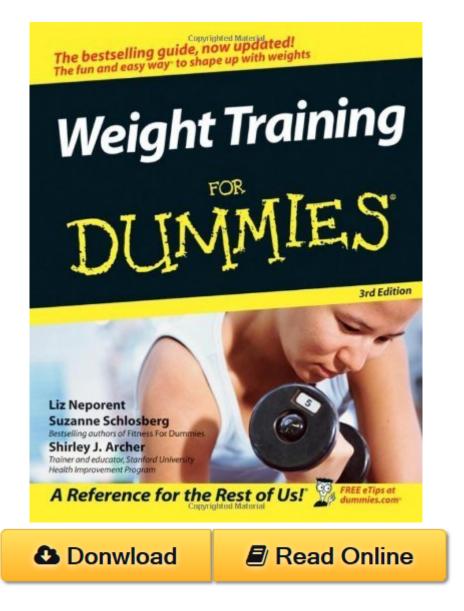
Weight Training For Dummies by Liz Neporent (2006-03-06) PDF



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