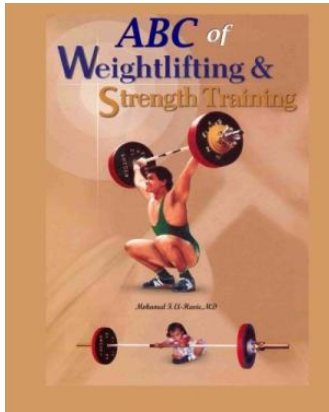


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Createspace, United States, 2011. Paperback. Book Condition: New. abridged edition. 251 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Due to the frequent complaints that the printed textbook was too voluminous to aid busy lifters and new comers to the sport of Weightlifting, the author opted for this abridged edition that encompasses the main classical lifts and their supporting routines. The following are the subjects covered in this abridged edition: 4. WEIGHTLIFTING 4.1. STRENGTH TRAINING...

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- Authored by Mohamed F El-Hewie
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