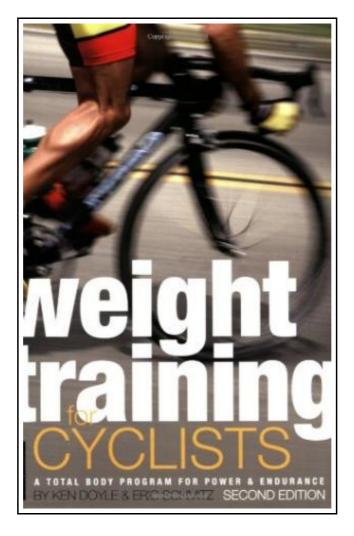
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WEIGHT TRAINING FOR CYCLISTS: A TOTAL BODY PROGRAM FOR POWER ENDURANCE



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