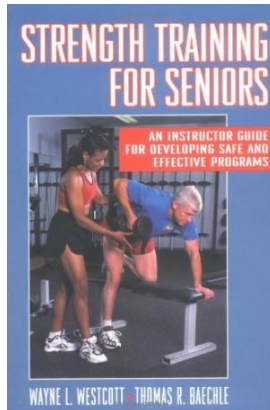


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## STRENGTH TRAINING FOR SENIORS: AN INSTRUCTOR GUIDE FOR DEVELOPING SAFE AND EFFECTIVE PROGRAMS



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