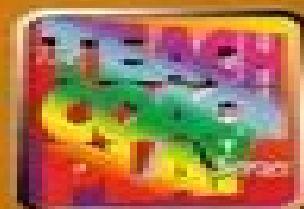


David Newberry, Kurt Kaufman, John Baker



Skills, Drills & Strategies for

Strength Training



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