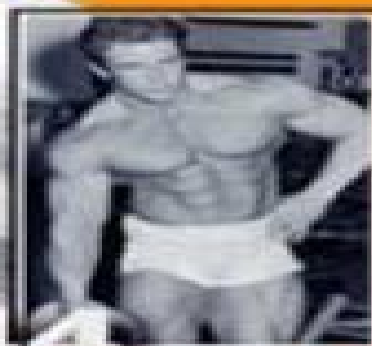
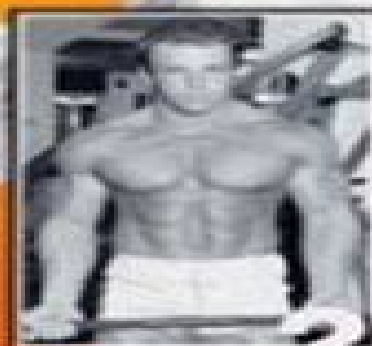
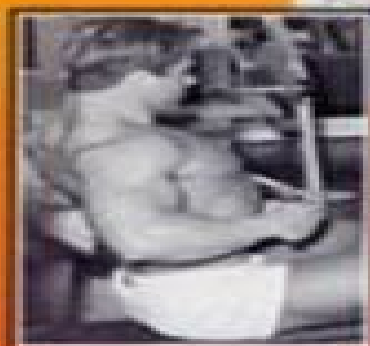


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TO PERFECTING YOUR EXERCISE FORM
FOR INJURY-FREE MAXIMUM GAINS**

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2ND EDITION

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