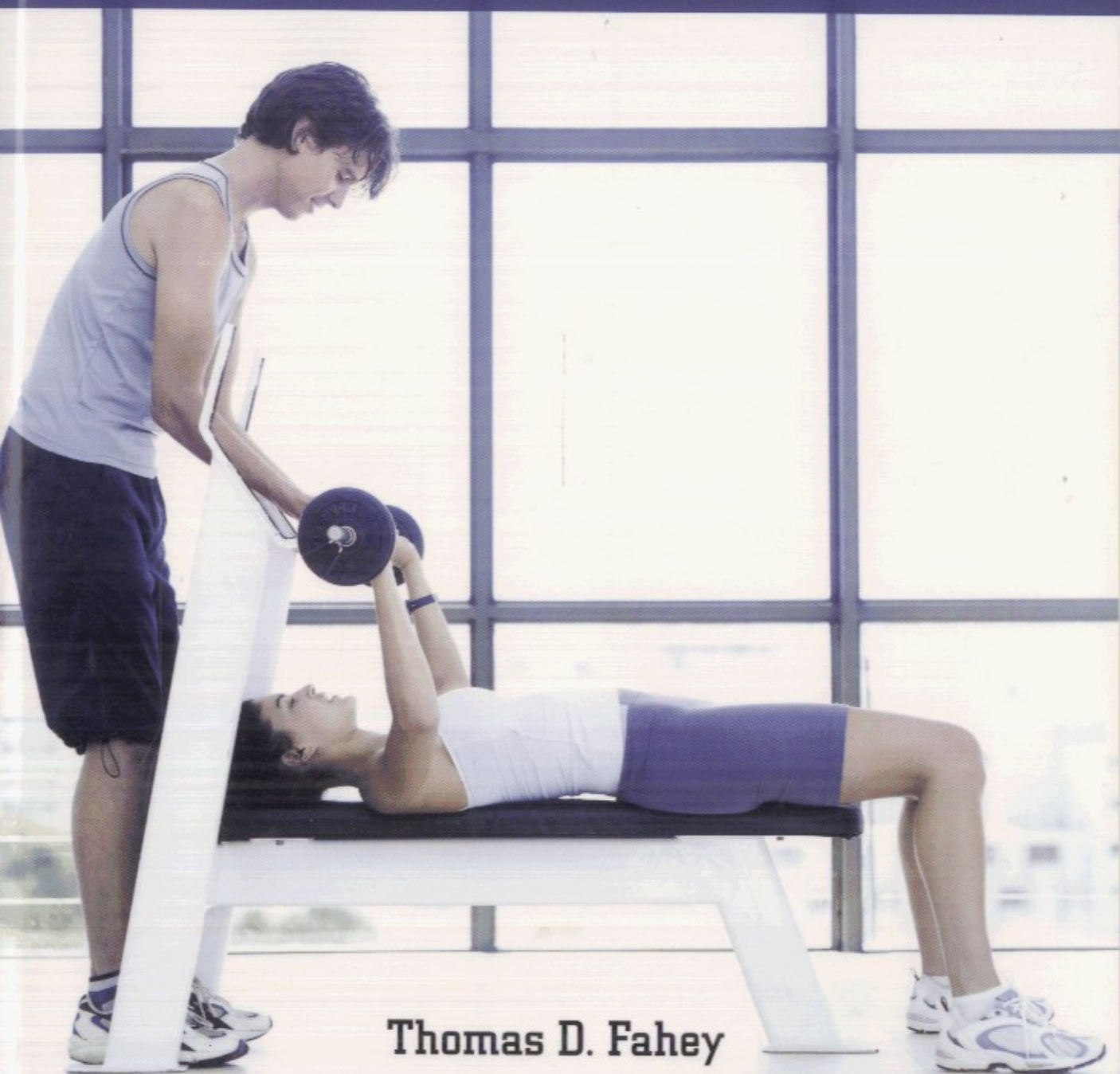


BASIC WEIGHT TRAINING

for Men and Women

SIXTH EDITION



Thomas D. Fahey



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