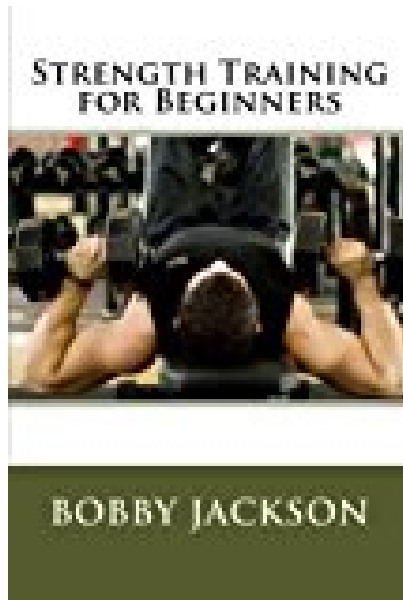


# Strength Training for Beginners

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## BOOK DETAILS

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