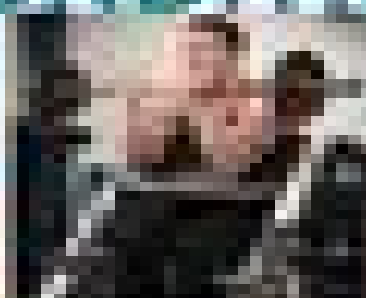
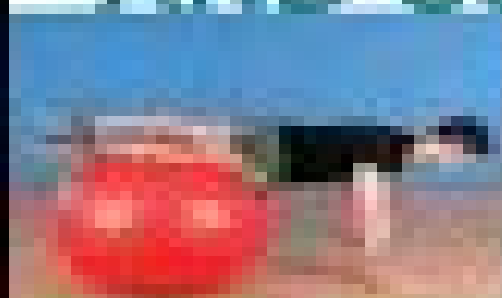




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ACSM's Foundations of **STRENGTH TRAINING AND CONDITIONING**



MICHAEL R. RAYMOND

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Acsms Foundations Of Strength Training And Conditioning

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