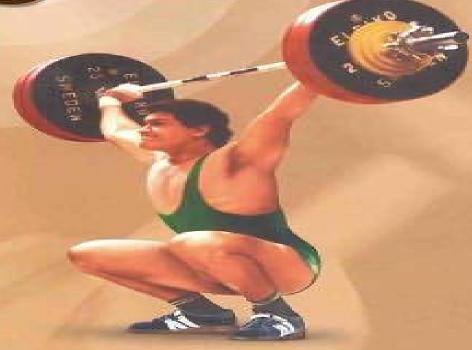
ESSENTIALS OF

Weightlifting & Strength Training



Mohamed F. El-Hewie, MD







Second Edition

Essentials Of Weightlifting And Strength Training

RJ Shavelson

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