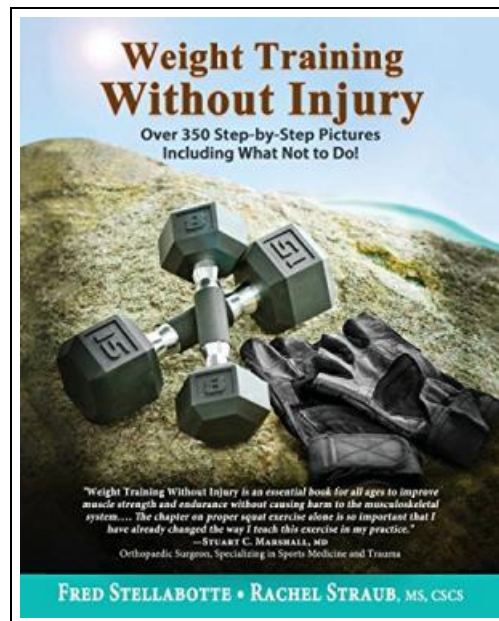


## Weight Training Without Injury: Over 350 Step-By-Step Pictures Including What Not to Do!



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