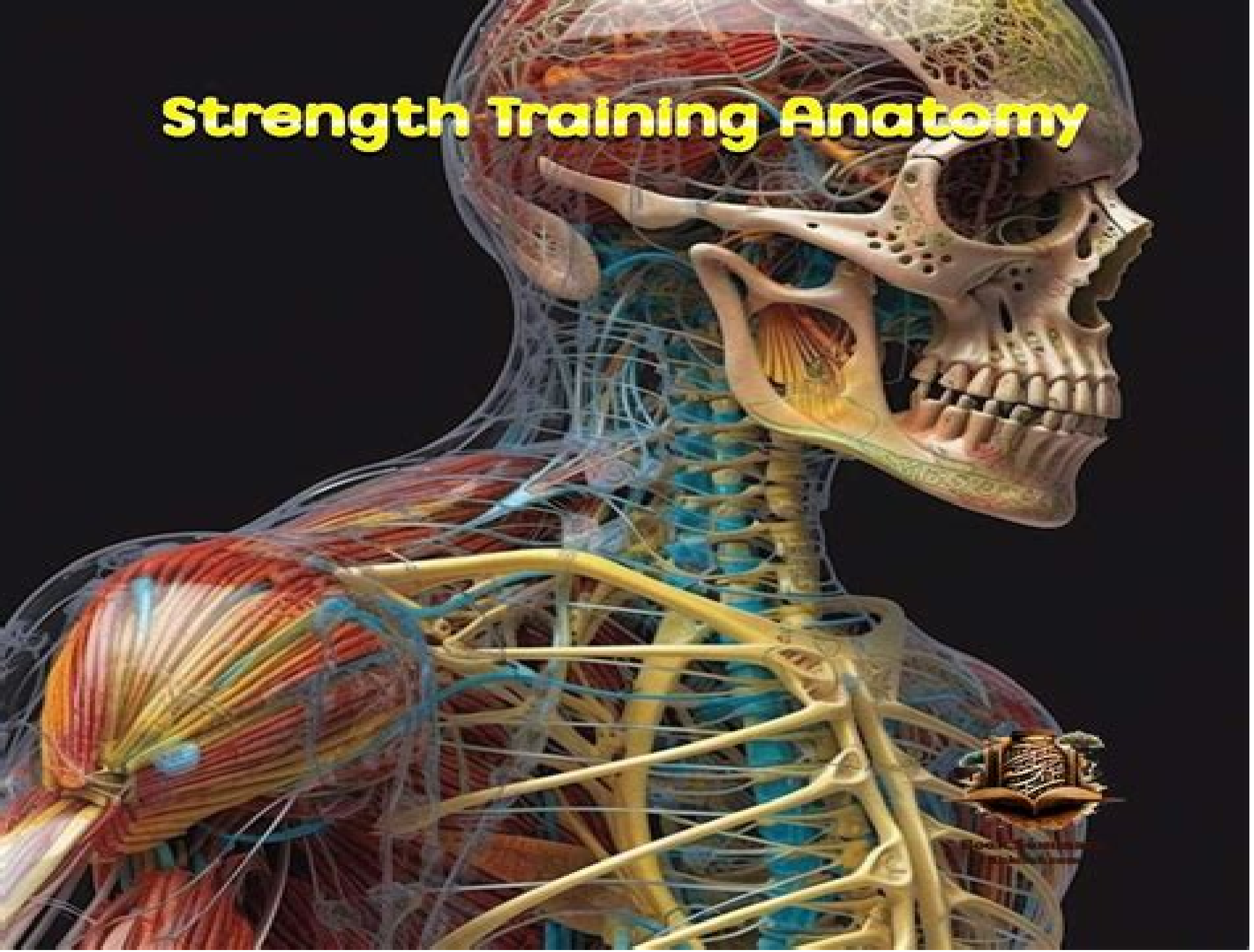


Strength Training Anatomy



Anatomy Of Performance Training

Roman Wölfel



Anatomy Of Performance Training:

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