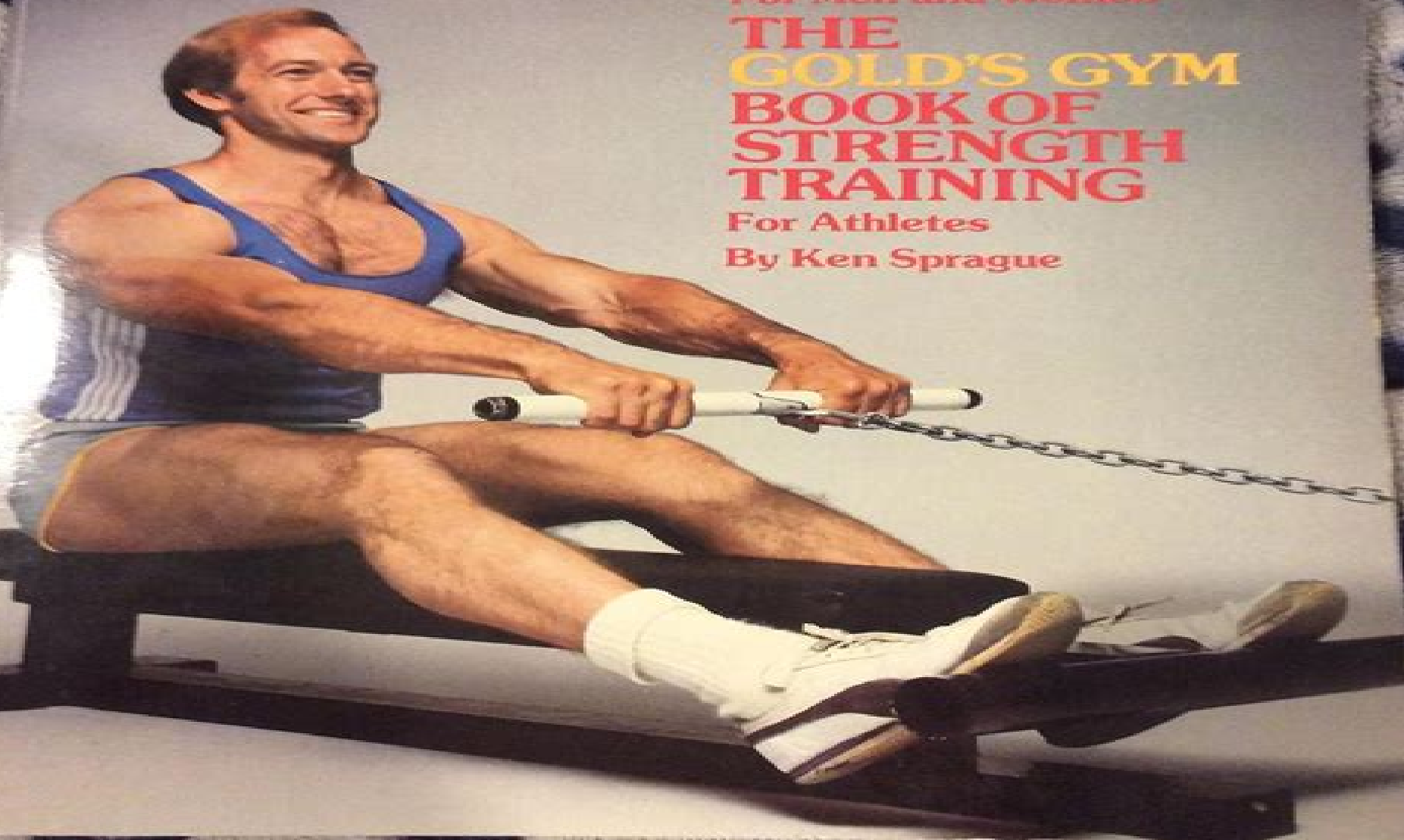


Building a
Sports-Effective Body
For Men and Women

THE GOLD'S GYM BOOK OF STRENGTH TRAINING

For Athletes

By Ken Sprague



Golds Gym Of Strength Training For Athletes

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