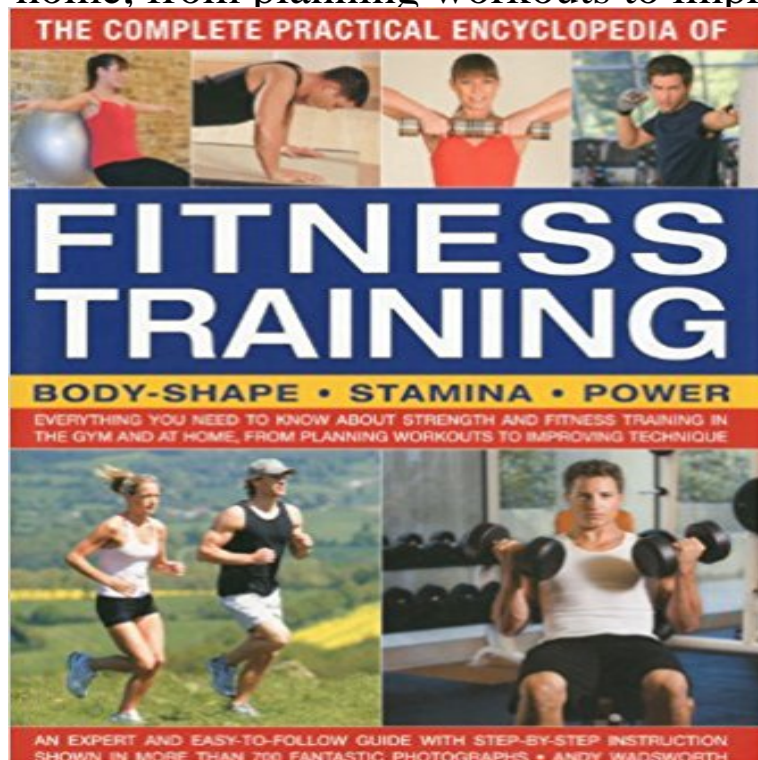


# The Complete Practical Encyclopedia of Fitness Training: Everything you need to know about strength and fitness training in the gym and at home, from planning workouts to improving technique



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