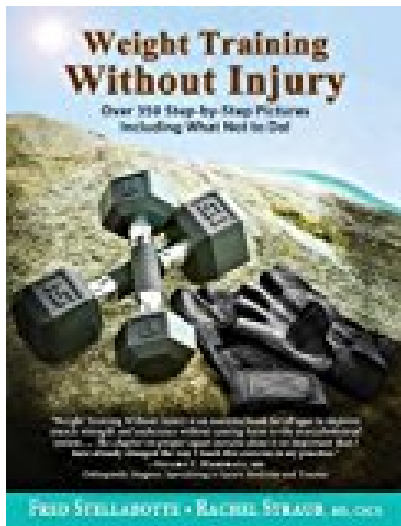


# Weight Training Without Injury Over 350 Step-by-Step Pictures Including What Not to Do!

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## BOOK DETAILS

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## BOOK SYNOPSIS

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