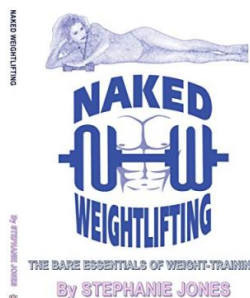


## Naked Weightlifting: The Bare Essentials of Weight-Training



### Book Review

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(Shayne O'Conner)

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