

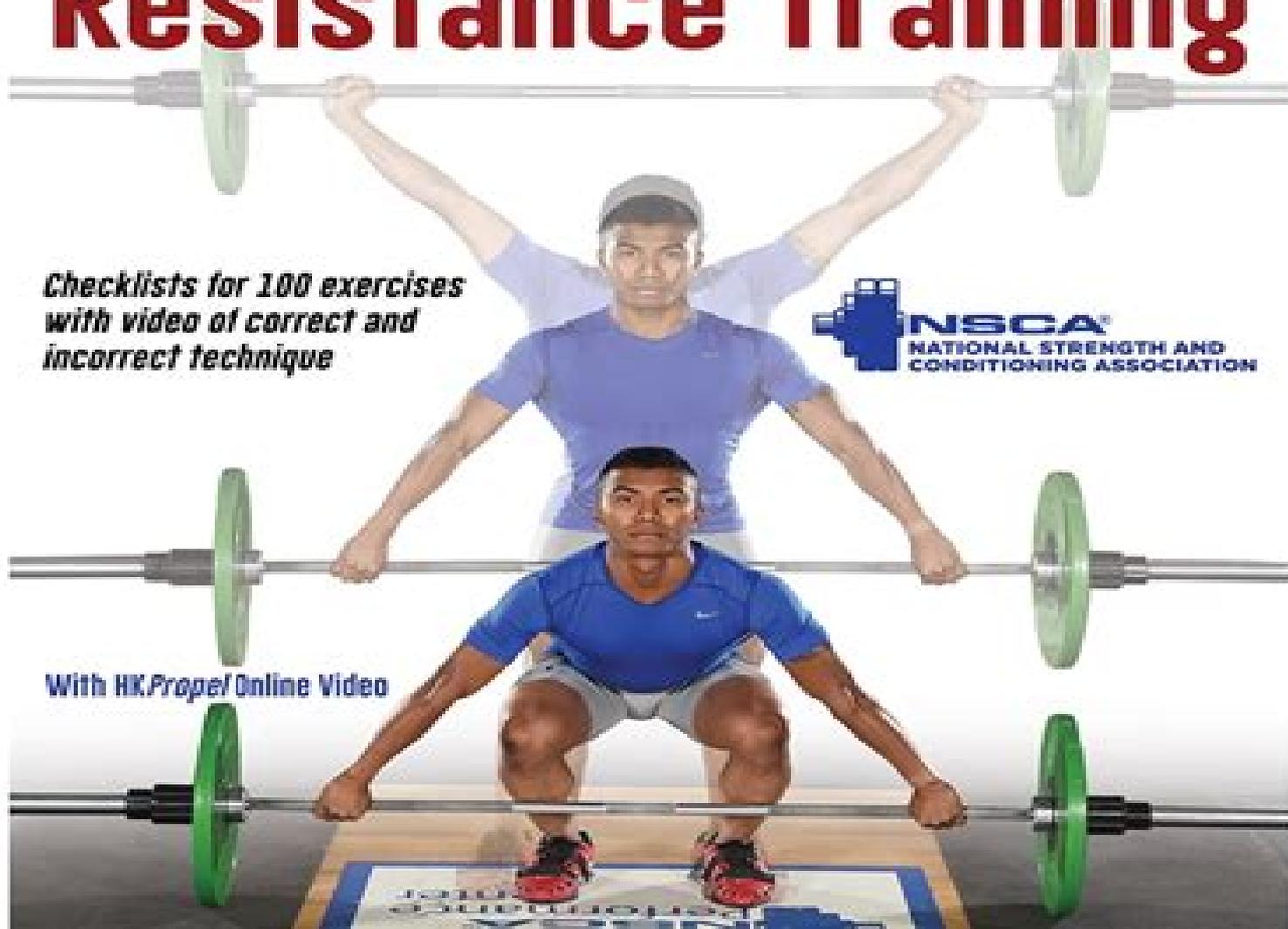
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# Exercise Technique Manual for Resistance Training

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# Exercise Weight Training Manual

**JA Banks**



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