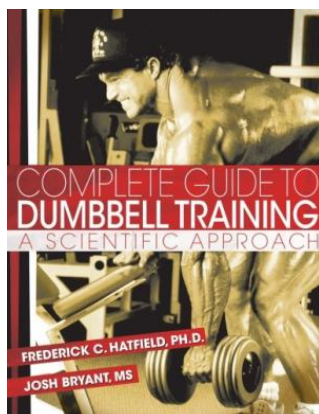


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# COMPLETE GUIDE TO DUMBBELL TRAINING: A SCIENTIFIC APPROACH (PAPERBACK)



## Read PDF Complete Guide to Dumbbell Training: A Scientific Approach (Paperback)

- Authored by Fred Hatfield Phd, Josh Bryant MS
- Released at 2014



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