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# STRENGTH TRAINING ESSENTIALS - 7 DAY WORKOUT PLAN (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Getting Started Chapter # 1: Introduction Chapter # 2: Specificity Chapter # 3: Overload Chapter # 4: Progressive Overload 7 Day Workout Chapter # 1: Introduction Chapter # 2: Monday Chapter # 3: Wednesday Chapter # 4: Friday Chapter # 5: Sunday Conclusion Author Bio References Publisher Introduction As the name suggests, strength training is...

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- Authored by M Usman, John Davidson
- Released at 2015



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