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Strength Training Anatomy 2nd Edition | Strength training ...

By Frederic Delavier Published March 2010 192 pages Frederic Delavier recently authored a new version of his book Strength Training Anatomy. Here is my review of the previous edition. Because I've already reviewed the book, I'm going to concentrate on what's new and different in this edition.

Book Review: Strength Training Anatomy (3rd edition)

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