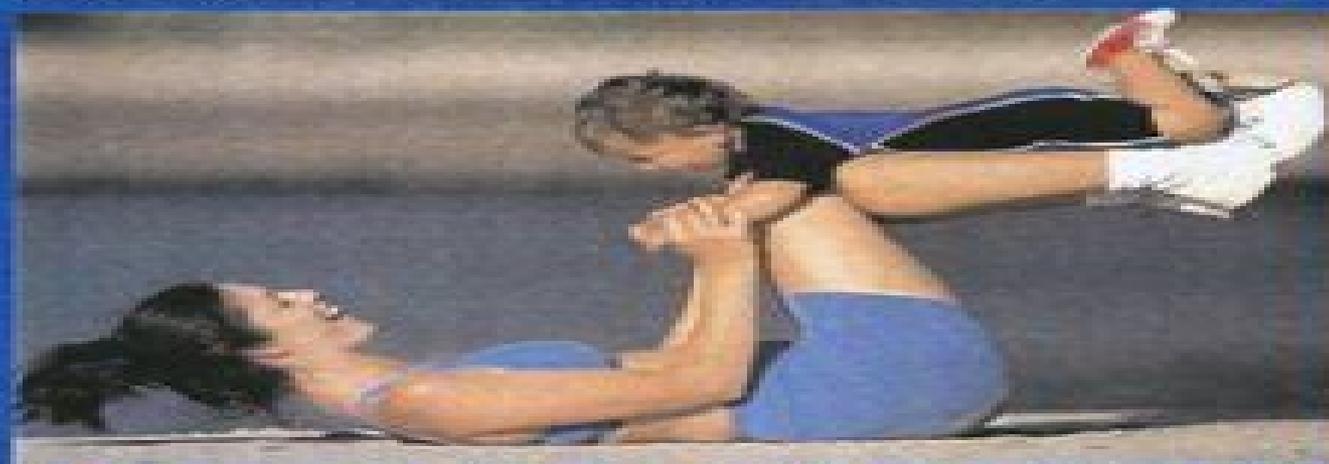
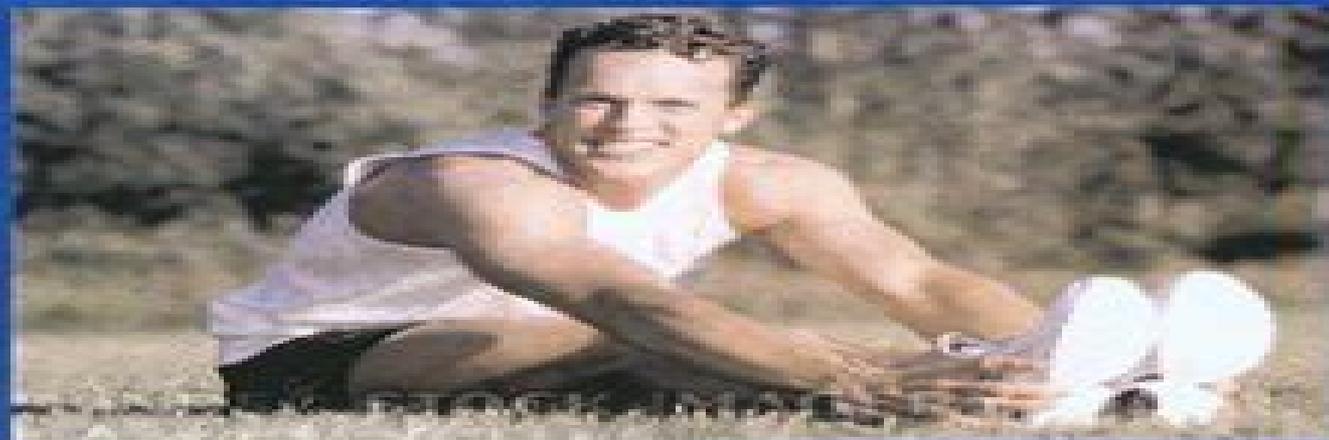


ABDOMINAL



TRAINING

A Progressive Guide to Greater Strength

CHRISTOPHER M. NORRIS
SECOND EDITION

Abdominal Training A Progressive Guide To Greater Strength

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