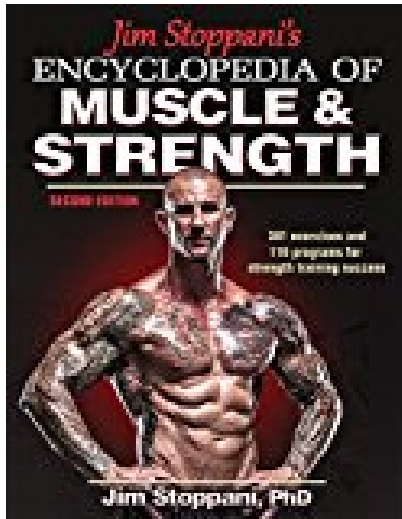


Jim Stoppani's Encyclopedia of Muscle & Strength-2nd Edition



BOOK DETAILS

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- Publisher : Human Kinetics
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BOOK SYNOPSIS

Whether you seek fat loss and lean muscle development or mass development and strength improvement, this comprehensive guide with 382 exercises and 116 ready-to-use workouts featuring the most popular training equipment (free weights, TRX, BOSU, kettlebells, and body weight) will position you for success.

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