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Heavier Weights 19.08.2009 — The German Body

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Manual, 2ndEd. 2008. Pg 59. AGE AGE ACSM Body

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Author: Steve C Ruys Created Date: Mar 17th,

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TEXTS/SUGGESTED READINGS/MATERIALS 1.Deutsch -

Na Klar! 6th Edition 2.Textbook (DiDonato, Clyde,

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