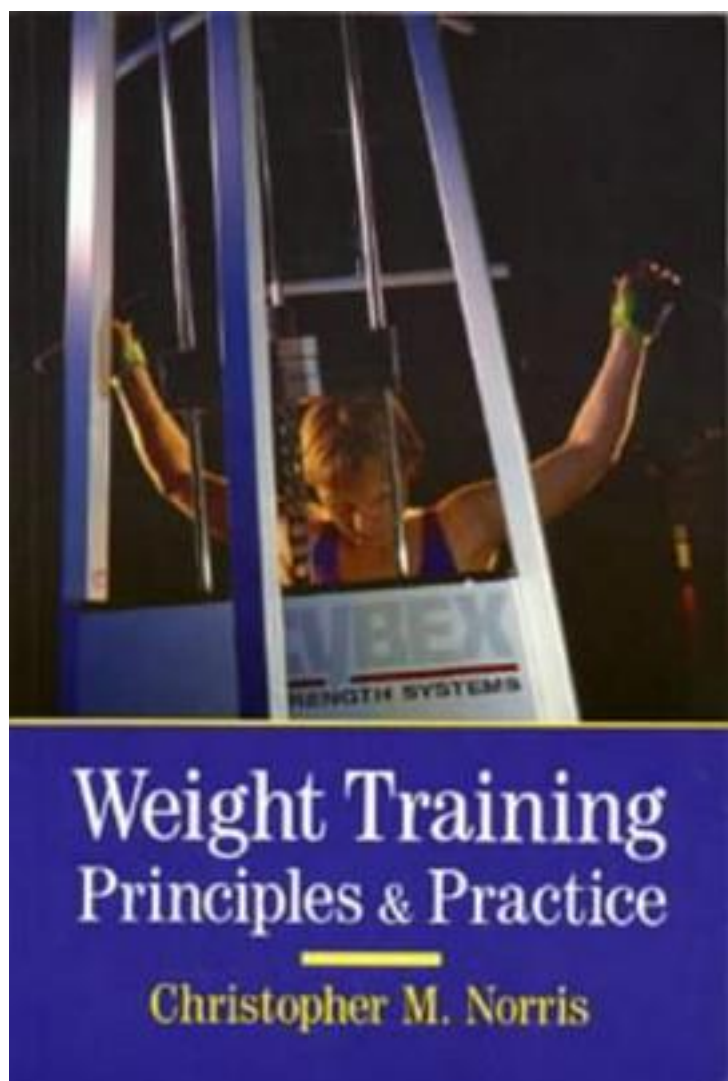


Weight Training



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Every athlete and sports person, whether a football player, soccer player, wrestler, weight trainer, or gymnast, suffer injuries: they are an inevitable consequence of playing any sport rigorously. Here, you will find out the best kind of equipment for safe, effective training; how to prevent injuries through special training and pre-exercise stretching, how to treat injuries when they occur; when to consult a medical professional; and how to come back from injury as quickly as possible and stronger than ever. Each of the 17 titles in this series is an indispensable aid for all sports people: these books will help the serious sports person prevent, effectively diagnose, and treat injuries while simultaneously achieving improved performance.

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