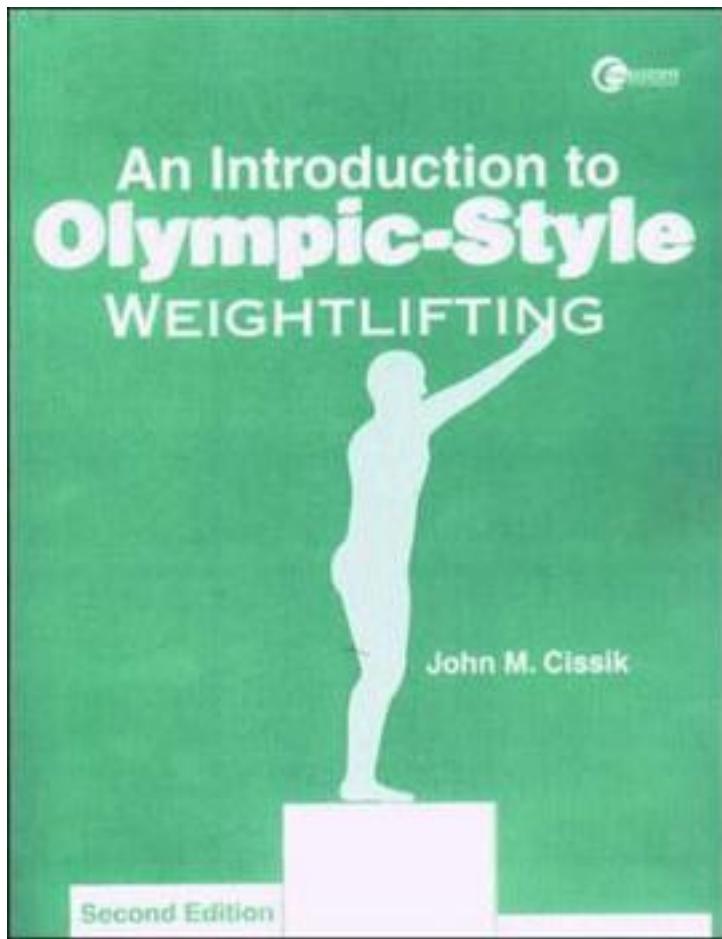


An LSC an Introduction to Olympic-style Weightlifting



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An introductory text with the primary focus on the techniques associated with the Olympic lifts and their assistance exercises. This text explains how to perform

each exercise and why things should be done the correct way. Also includes an extensive "common error" section

作者介绍:

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