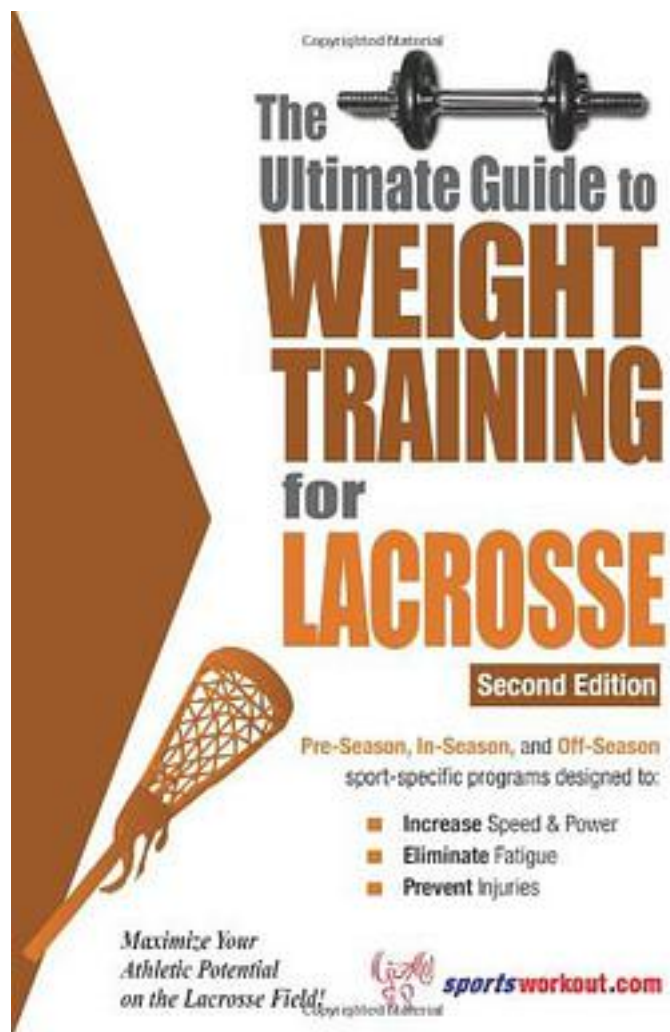


Ultimate Guide to Weight Training for Lacrosse



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No other Lacrosse book to date has been so well designed, so easy to use, and so

committed to weight training. This book will have the player increasing strength, quickness, agility, and endurance.

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