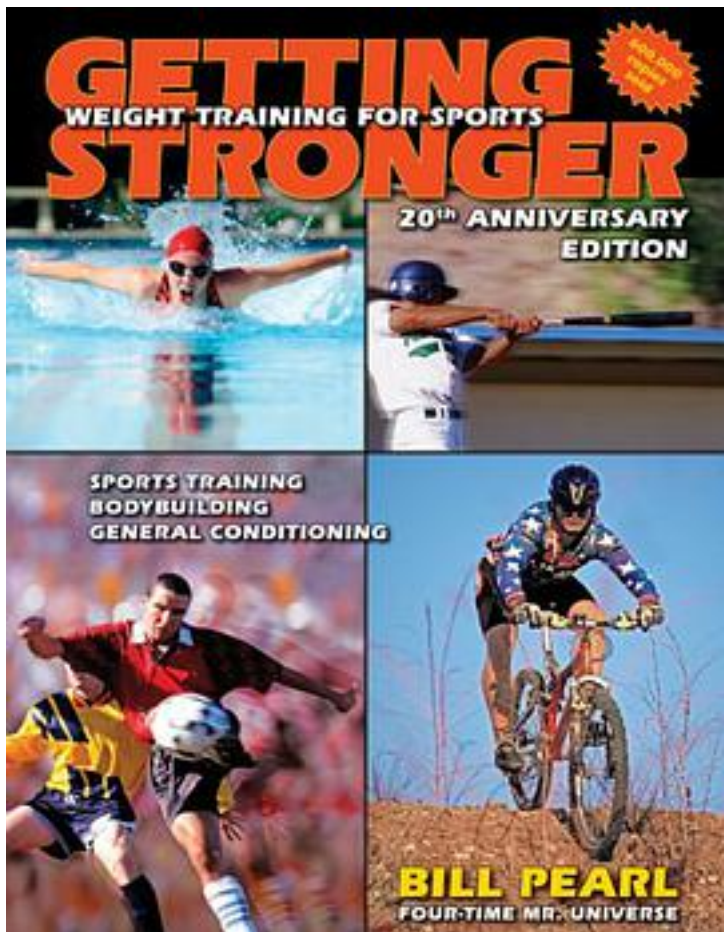


# Getting Stronger



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Written by Bill Pearl, a four-time Mr. Universe, and widely regarded as the best general book on weight training available, *Getting Stronger* contains specific strength training programs for 21 sports as well as general conditioning. The book includes more than

100 one-page fitness programs that can be performed by simply following the illustrations, while each lift is keyed to a section with specific instructions for that lift. The 20th anniversary edition includes new sections on nutrition, supplements, injury rehabilitation, stretching, and equipment.

作者介绍:

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