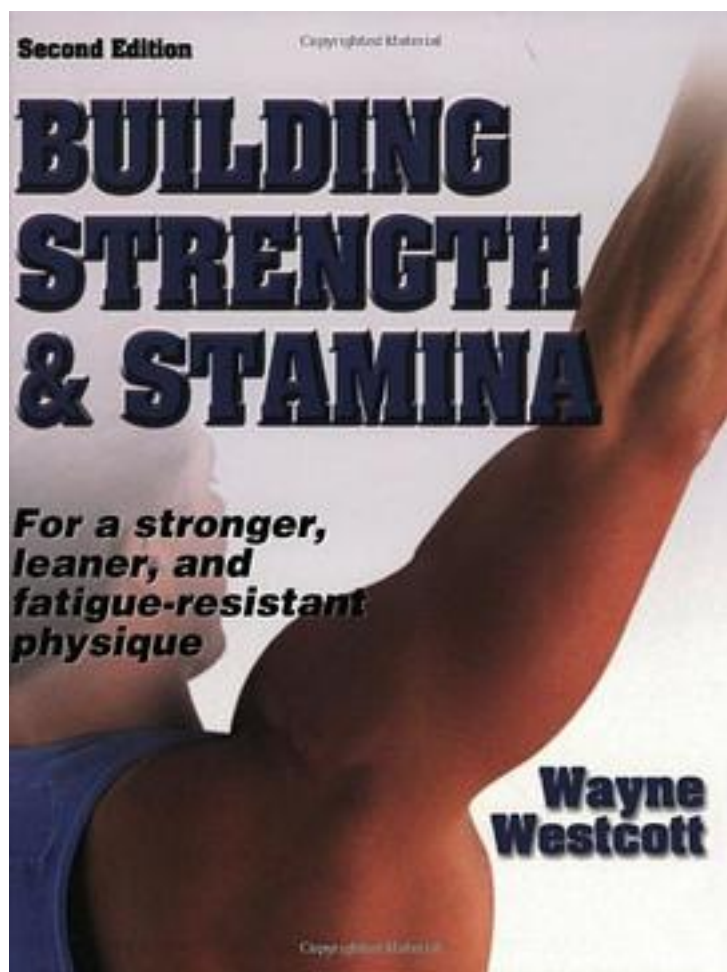


Building Strength and Stamina



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Building Strength and Stamina, 2nd Edition shows readers how to develop a leaner, stronger body in less than three hours per week. This ever popular text clearly presents

both strength and endurance exercises. Building Strength and Stamina, 2nd Edition offers research based training principles and procedures that are written in a detailed, easy-to-understand manner, including circuit training, two-month programmes and six-month programmes.

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