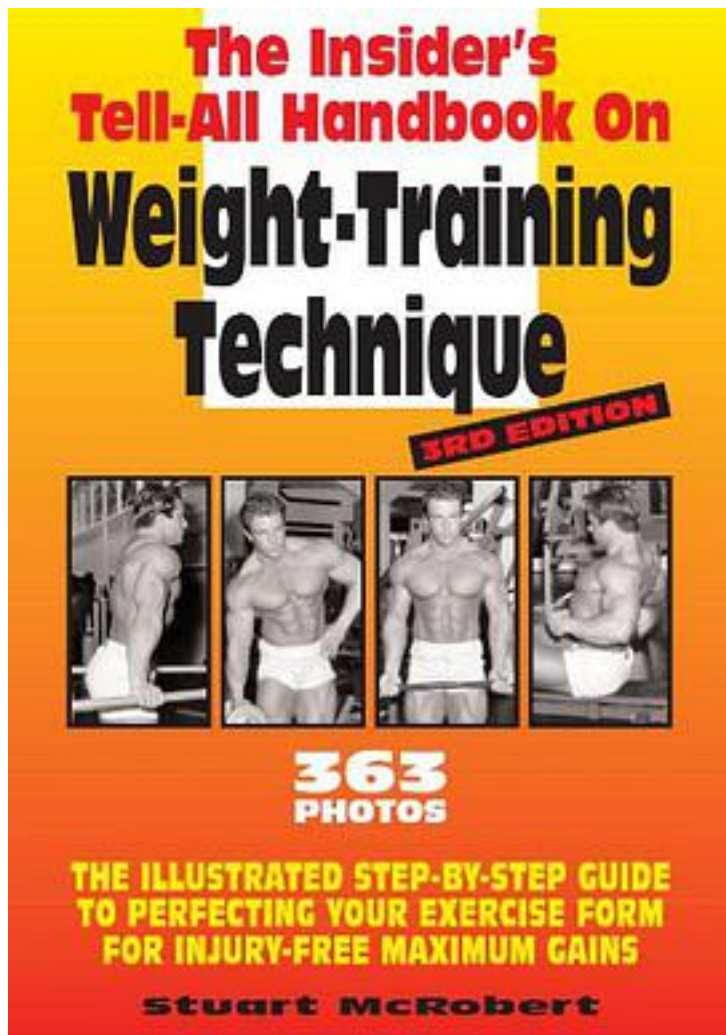


Insider's Tell-All Handbook on Weight-Training Technique



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If you want to build a better body as quickly as possible, this book is for you. This definitive guide is for men and women of all ages and levels of training experience. To benefit from exercise, you must avoid injuries, and train consistently and effectively. But if you don't use correct exercise technique you will often get injured, and you will be unable to train consistently and effectively using the best exercises. Follow Stuart McRobert's authoritative guidance, and become your own expert personal trainer.

作者介绍:

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