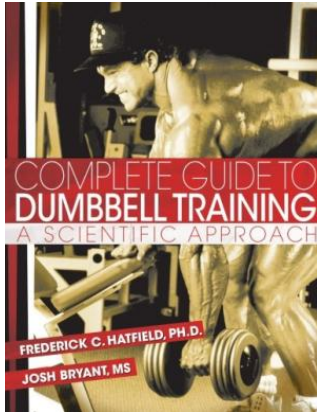


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COMPLETE GUIDE TO DUMBBELL TRAINING: A SCIENTIFIC APPROACH (PAPERBACK)



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- Authored by Fred Hatfield Phd, Josh Bryant MS
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