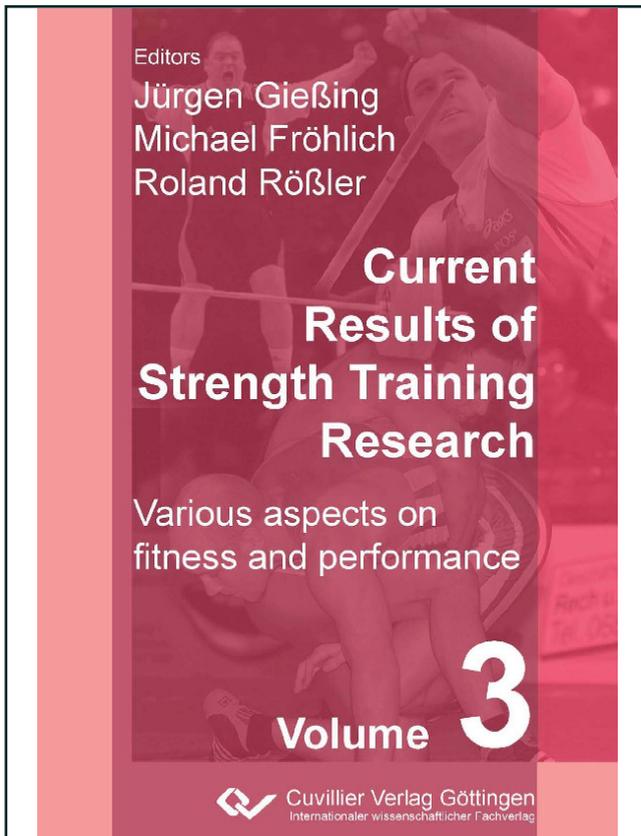




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Current Results of Strength Training Research
Various aspects on fitness and performance



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