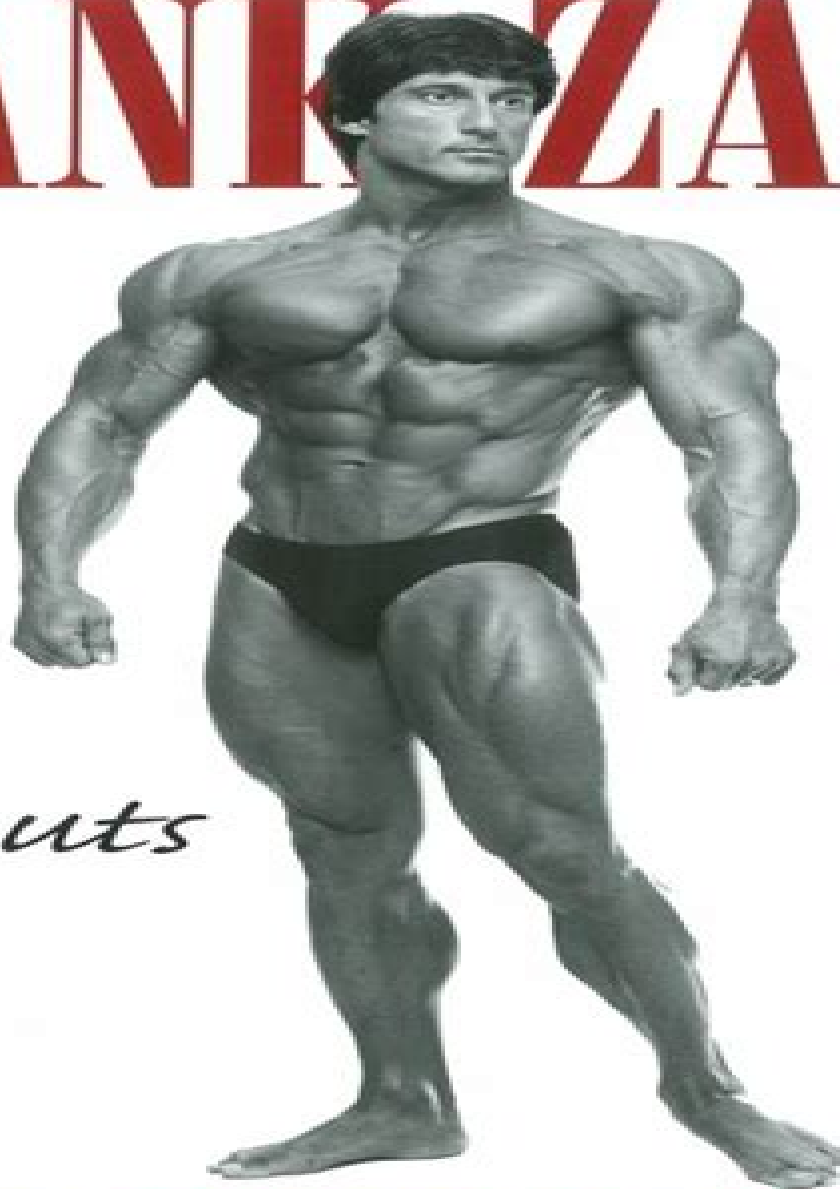


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*The
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PERSONAL TRAINING DIARIES

The Workouts Personal Training Diaries

Kevin M. Beck



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Marty Liquori's Home Gym Workout Marty Liquori, Gerald Secor Couzens, 1986 *Medicine & Science in Sports & Exercise*, 2006

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