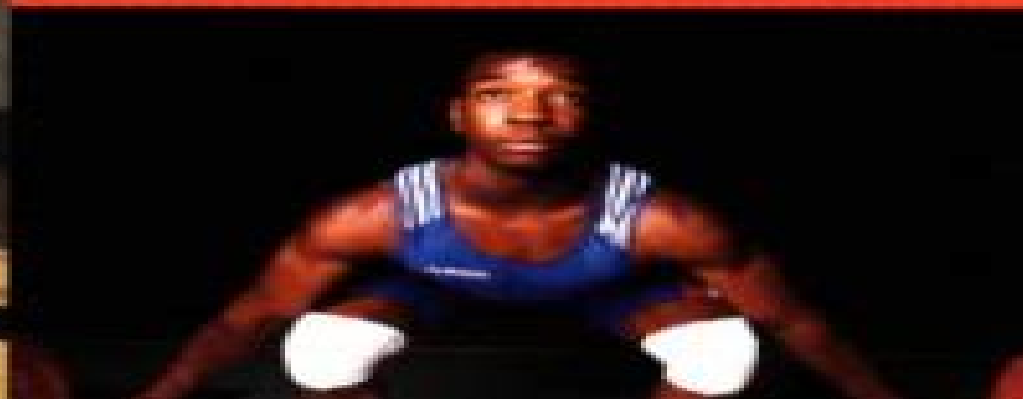




**THE WEIGHTLIFTING ENCYCLOPEDIA**  
**A GUIDE TO WORLD CLASS PERFORMANCE**

BY ARTHUR DRECHSLER



# The Weightlifting Encyclopedia A Guide To World Class Performance

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