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English. Grab a partner for this dynamic workout that

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features exercises to cover all your major muscle groups, including legs (calf raises), chest (wheelbarrow press), back (double standing arm row), shoulders (double reverse fly), arms (biceps curl), and abs (standing medicine ball toss).

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Edited by Thomas R. Baechle and Roger W. Earle, Essentials
of Strength Training and Conditioning, Second Edition, is an
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principles, concepts, and theories as well as the practical how-tos of strength training and conditioning.

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