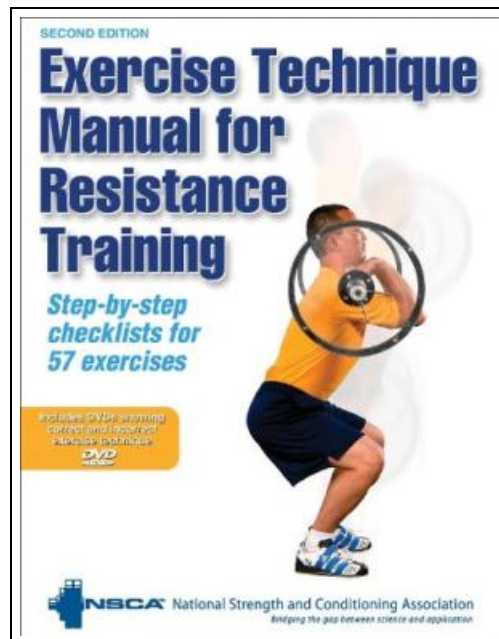


## Exercise Technique Manual for Resistance Training (Mixed media product)



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**(Dr. Marcos Grimes III)**

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