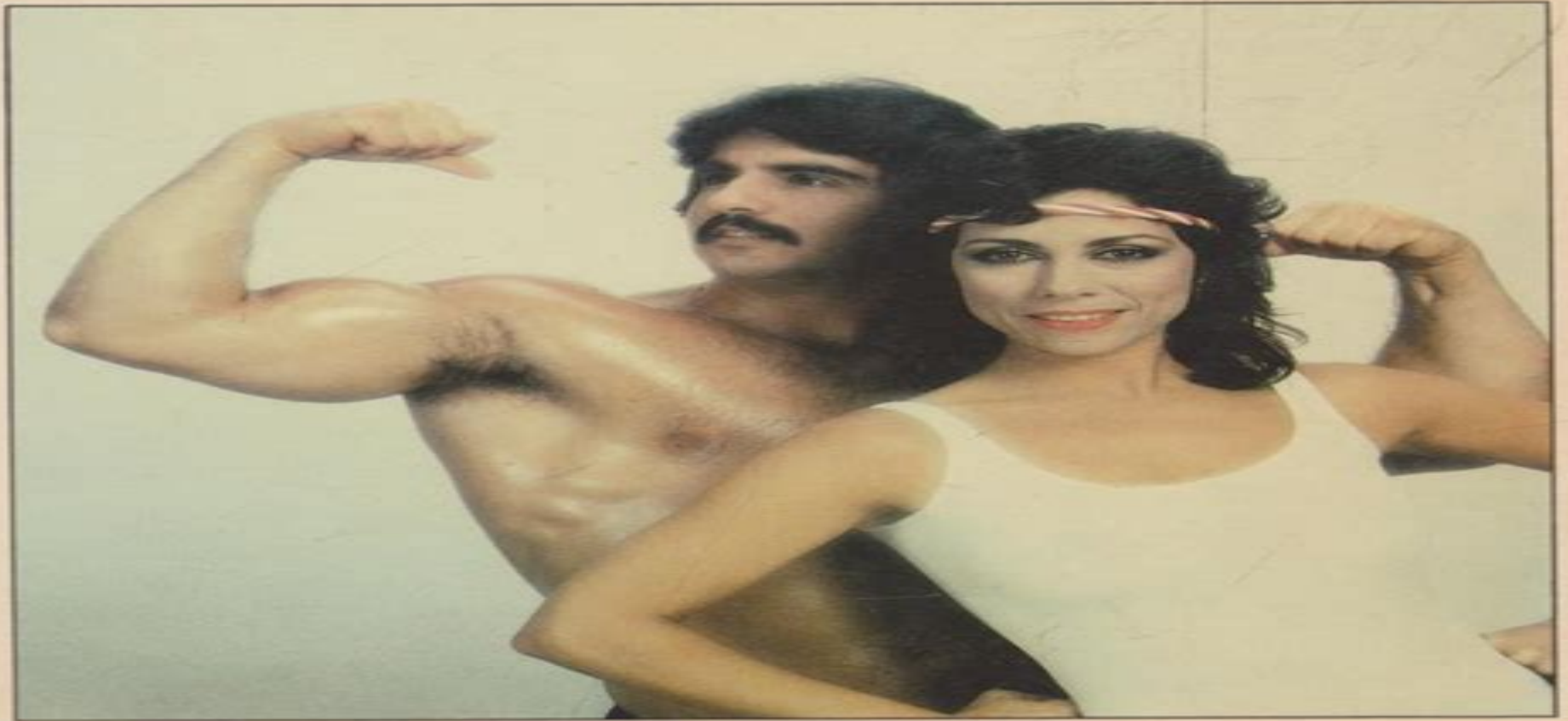


PUMPING IRON WITHOUT PAIN



A Preventative and
Self-Care Guide to
Weight Training

Irene Lamberti, D. C.

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