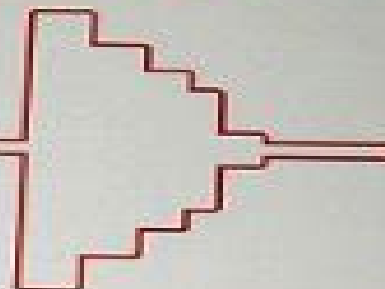


THE
WEIGHT
TRAINING

WORKBOOK

BY JIM BENNETT
INTRODUCTION BY BILL PEARL
2ND EDITION



The Weight Training Workbook

Andrew C. Fry, Loren Chiu



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