



winning weight lifting & powerlifting



Dr. Franco Columbu
with
Dr. Richard Tyler

Winning Weight Training

Franco Columbu



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St. Nicholas Mary Mapes Dodge,1929 **Manual of British Rural Sports ...** John Henry Walsh,1857 *The Encyclopaedia Britannica* Hugh Chrisholm,1911 **Outlook** ,1924 *The Outlook* Lyman Abbott,Hamilton Wright Mabie,Ernest Hamlin Abbott,Francis Rufus Bellamy,1924 **Inside Weight Lifting and Weight Training** Jim Murray,1977

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