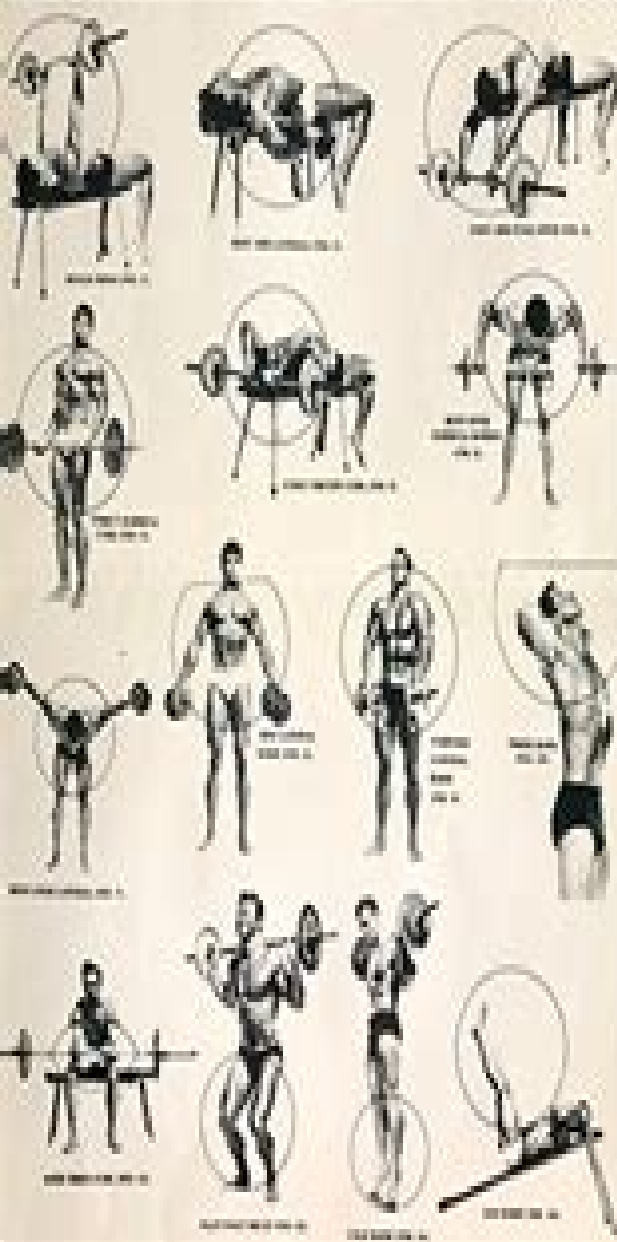


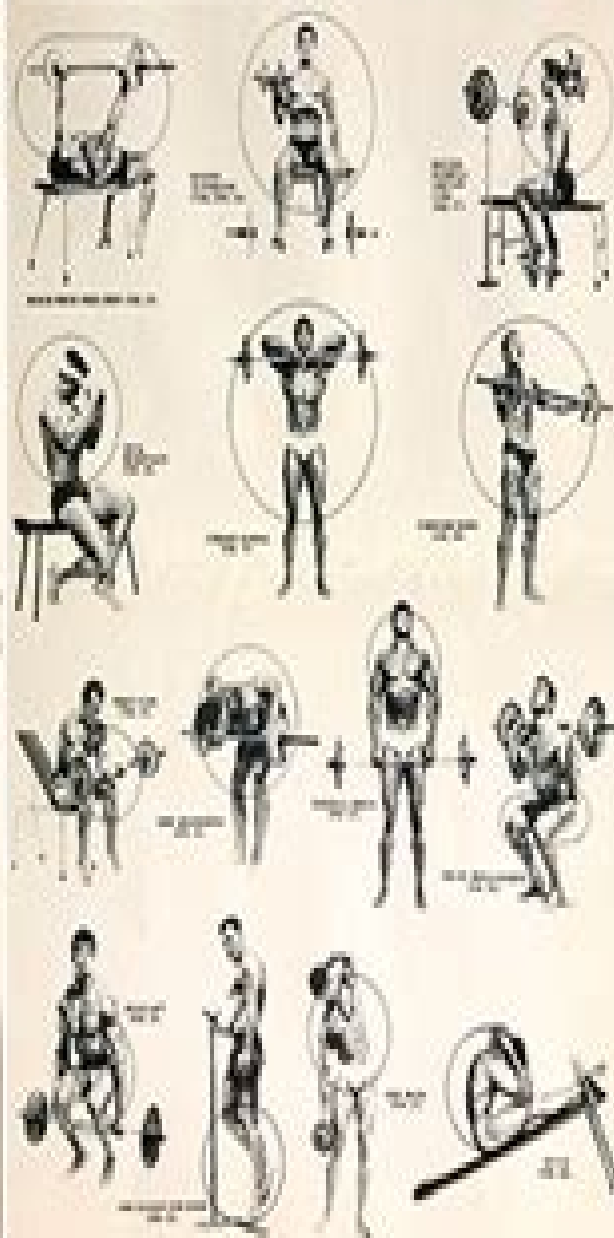
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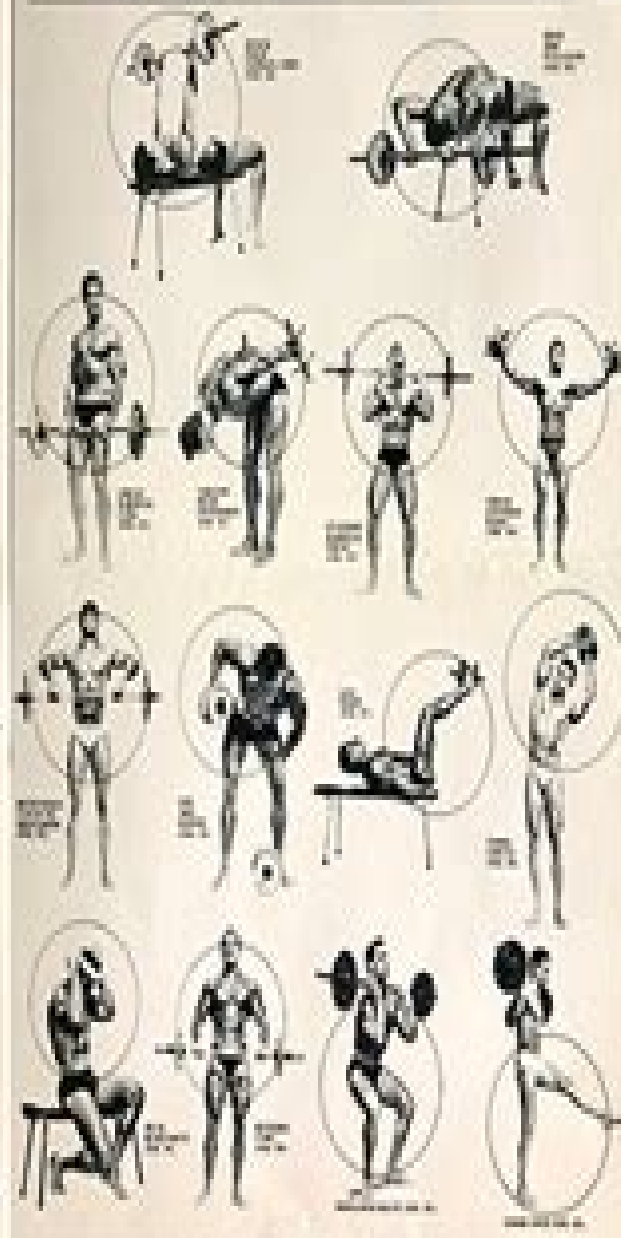
SECOND COURSE CHART No. 2

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THIRD COURSE CHART No. 3

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Weider System Of Progressive Barbell Exercise Manual

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