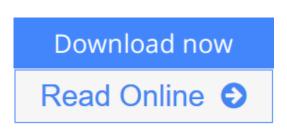


# Weight Training and Bodybuilding: A Complete Guide for Young Athletes

By Franco Columbu



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Outlines beginning, intermediate, and advanced weight training programs for those interested in body building or merely in improving athletic skills.

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