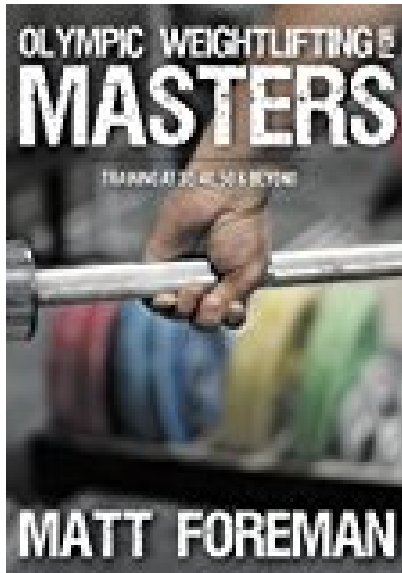


Olympic Weightlifting for Masters Training at 30 40 50 & Beyond



BOOK DETAILS

- Author : Matt Foreman
- Pages : 202 Pages
- Publisher : Catalyst Athletics, LLC
- Language : English
- ISBN : 0980011183



BOOK SYNOPSIS

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