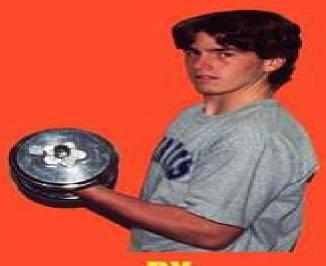
SENSIBLE STRENGTH TRAINING

A GUIDE FOR YOUNG ATHLETES & PARENTS



BY TIM SMITH

Sensible Strength Training

David Rakel, Nancy Faass

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