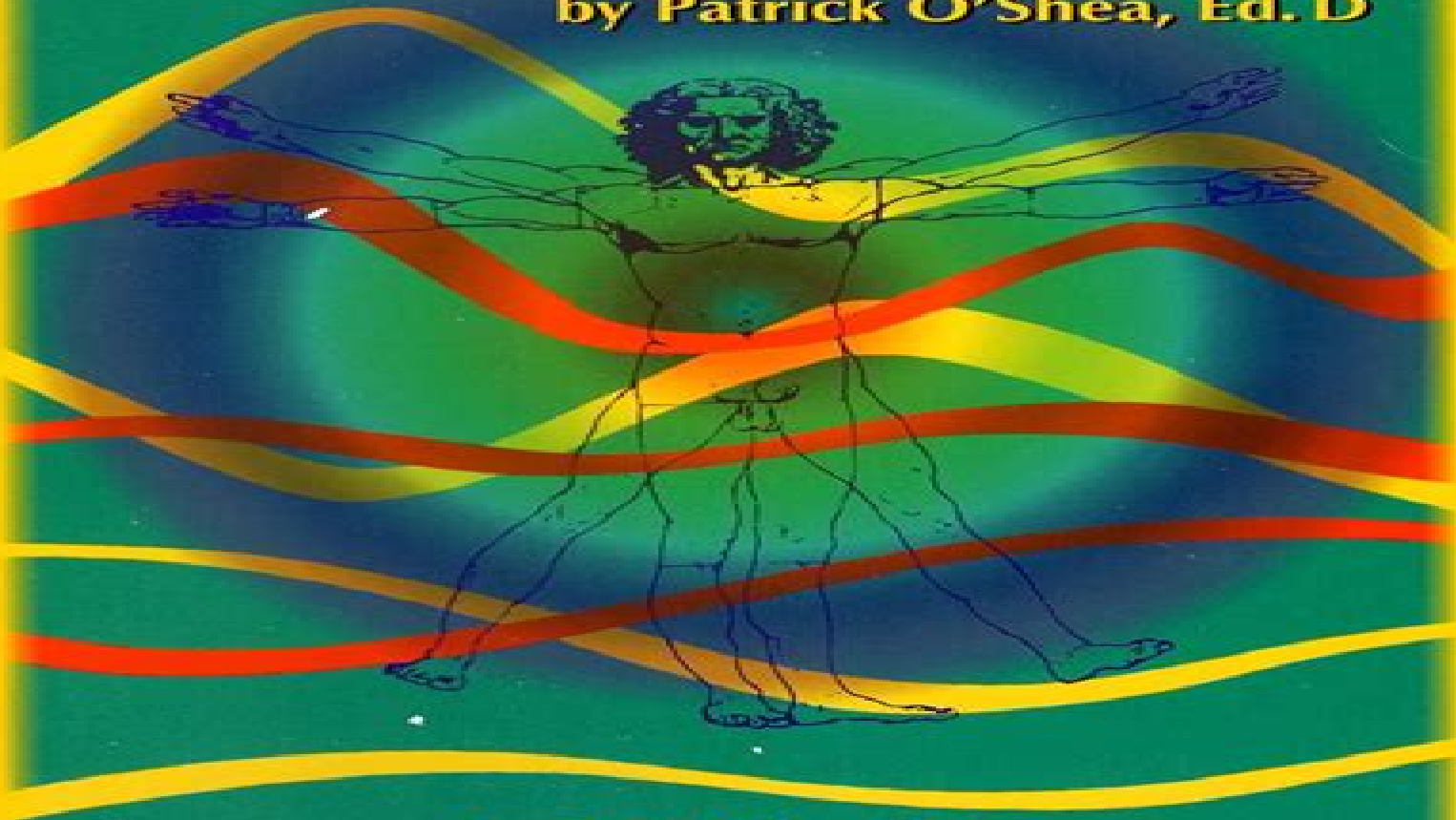


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**(Gaining the Winning Edge)**

**by Patrick O'Shea, Ed. D**



**Applied Strength  
Training & Conditioning  
for Peak Performance**

# Quantum Strength Power Training Gaining The Winning Edge

**Pat O'Shea**



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