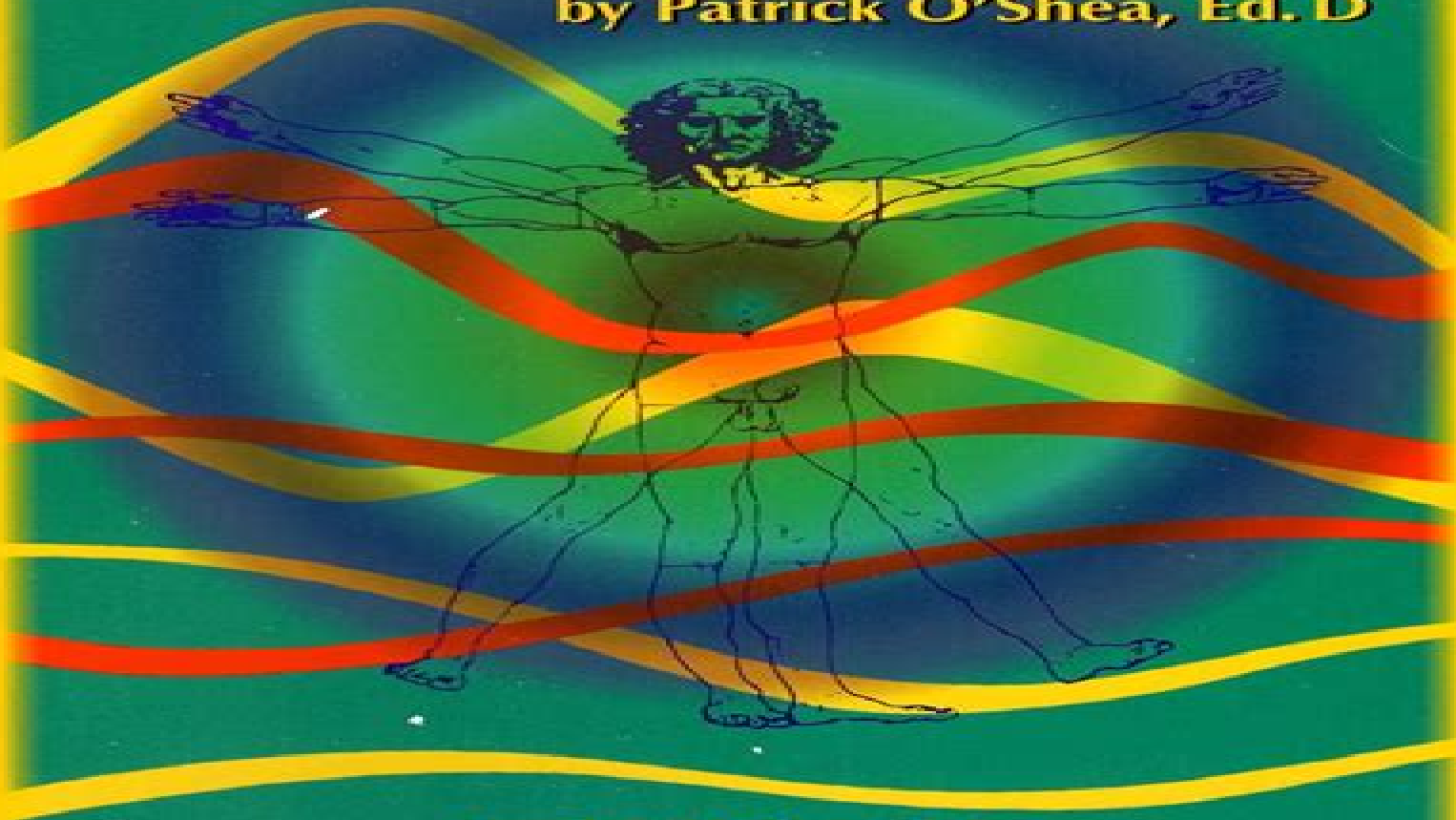


Quantum Strength Fitness II

(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

**William J. Kraemer, Steven J.
Fleck, Michael R. Deschenes**



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