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The Weightlifting Encyclopedia A Guide to World Class Performance, Arthur J. Drechsler, 1998, Health & Fitness, 576 pages. All aspects of training for weightlifting competition and muscular strength are covered in this comprehensive volume..

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Lacrosse Technique and Tradition, The Second Edition of the Bob Scott Classic, David G. Pietramala, Neil A. Grauer, May 17, 2006, Sports & Recreation, 300 pages. For thirty years Bob Scott's Lacrosse has been the ultimate guide to the "fastest game on two feet." In this long-awaited updated edition, Coach Dave Pietramala and Neil Grauer

Olympic Weightlifting A Complete Guide for Athletes & Coaches, Greg Everett, 2009, , 422 pages. .

Physical examination of the spine and extremities, Volume 798 , Stanley Hoppenfeld, Richard Hutton, Jun 5, 1976, Medical, 276 pages. This clear, concise manual fills the growing need for a text covering the process of physical examination of the spine and extremities. Serving students and clinicians as a

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Explosive Power and Strength Complex Training for Maximum Results, Donald Allen Chu, 1996,

Health & Fitness, 192 pages. The best in sports conditioning now combines plyometric, resistance, and sprint training, matching workouts closely to the demands and skills of particular sports. Explosive

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Never Let Go A Philosophy of Lifting, Living and Learning, Dan John, Jun 4, 2009, , 416 pages. Coach Dan John breaks down the most complicated concepts of strength training and high-performance athletics in his personal, no-nonsense, thought-provoking and motivating

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