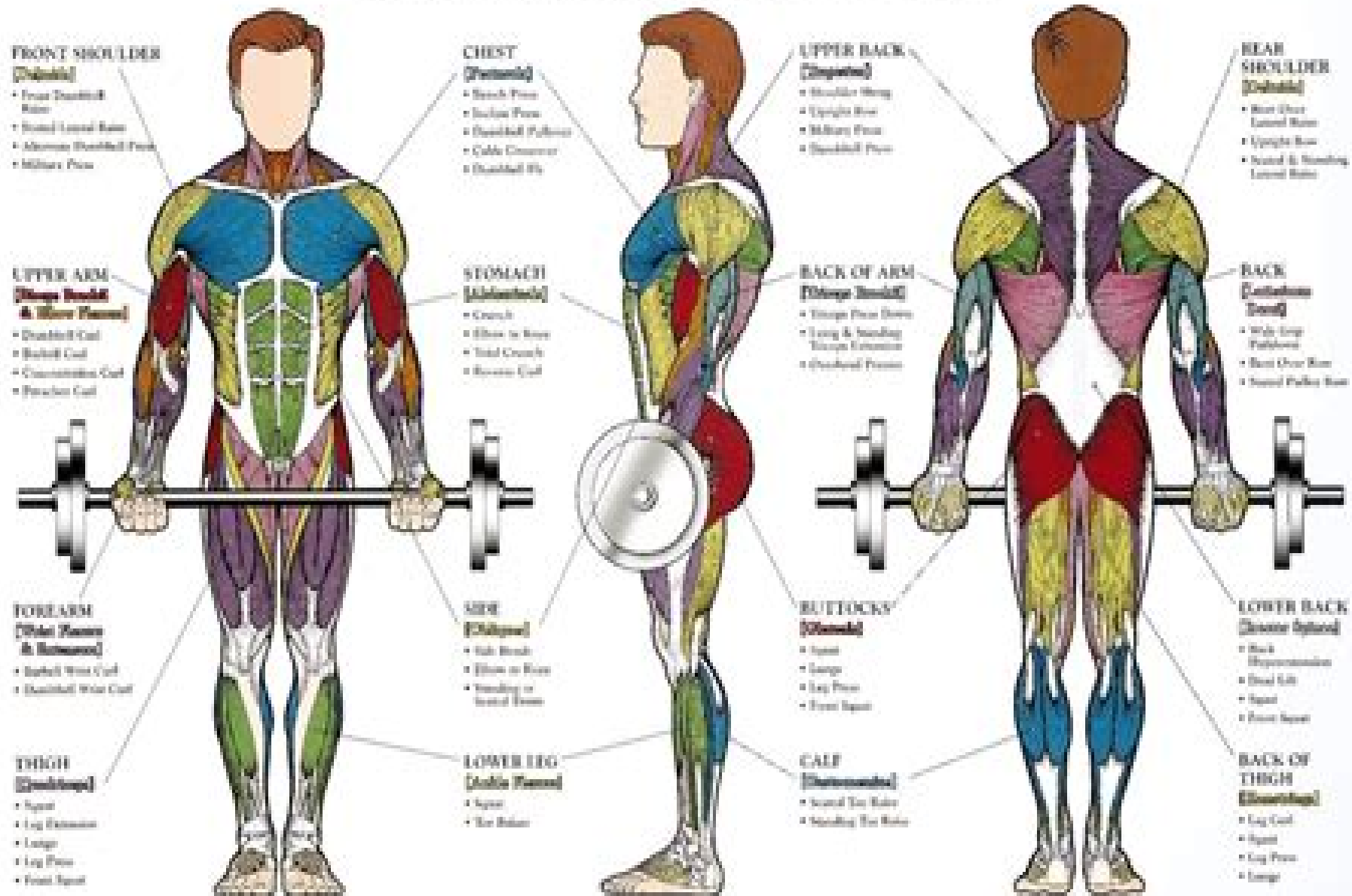


# EXERCISE & MUSCLE GUIDE



# Personal Training Anatomy Guide

**Judd E. Hollander**



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