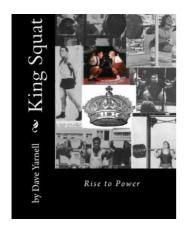
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KING SQUAT: RISE TO POWER



CreateSpace Independent Publishing Platform, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Learn how the squat became the "King" of strength exercises during the twentieth century, with loads of routines from Old School greats to present day gurus. This 337 pg. book is filled with text and illustrations on squat variations, equipment, methods used over the last century, as well as lots of additional strength building basics for the entire body. Learn secrets...

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- Authored by Yarnell, Mr Dave
- Released at 2010



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