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Starting Strength

Luckily, readers have just been blessed with the recently released Third Edition, and it's fantastic. The Starting Strength program is one of the most popular programs in America, particularly in high school and college weight rooms. It also has an incredibly high rating on Amazon, having garnered 90% or more 5-star reviews. The only complaints with previous editions of Starting Strength were that it needed better pictures and editing.

Starting Strength: A Review Of Mark Rippetoe's Barbell ...

Starting Strength: Basic Barbell Training (3rd Edition) PDF:

Author: Mark Rippetoe: Isbn: 0982522738: File size: 7.9 MB:

Year: 2011: Pages: 347: Language: English: File format:

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