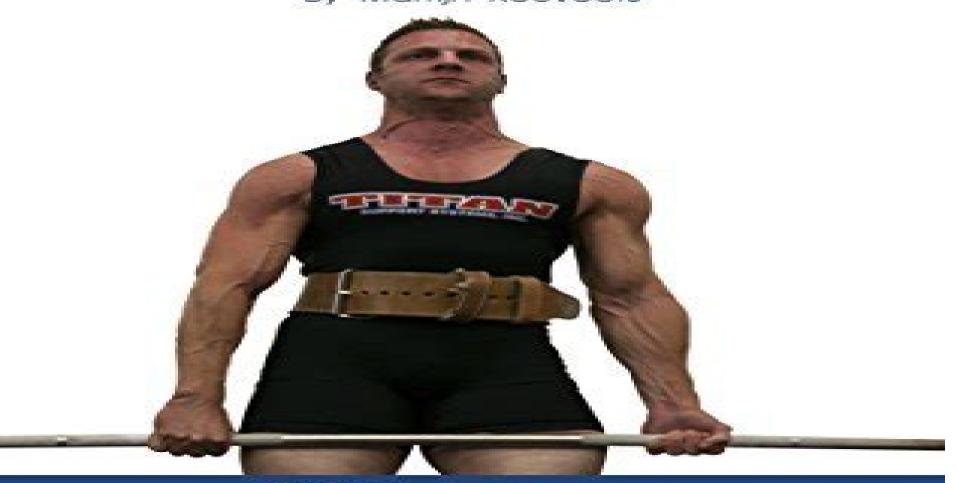


HIGH FREQUENCY POWERLIFTING

The Science Behind High Frequency Training

By Martin Koevoets





G Psacharopoulos

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