

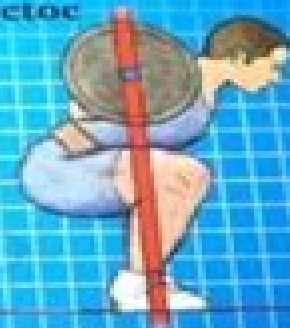
2nd Edition
**Starting
Strength**
Basic Barbell Training

Mark Rippetoe
& Lon Kilgore



**Starting
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Basic Barbell Training
3rd Edition

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