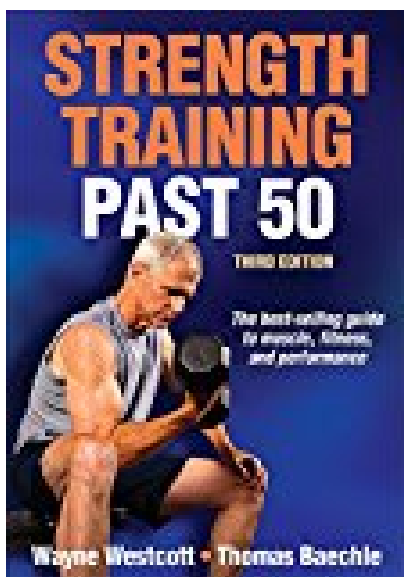


# Strength Training Past 50-3rd Edition

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## BOOK DETAILS

- Author : Wayne Westcott
- Pages : 272 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 1450497918

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## BOOK SYNOPSIS

Strength Training Past 50 is the authoritative guide for active adults. The all-new third edition features 83 exercises for free weights, machines, kettlebells, stability balls, and elastic bands and 30 programs for endurance, speed, and strength.

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