



# **Strength Training: Your Ultimate Weight Conditioning Program (Sports Illustrated Winner's Circle Books)**

*John Garhammer*

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# Strength Training: Your Ultimate Weight Conditioning Program (Sports Illustrated Winner's Circle Books)

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## **Strength Training: Your Ultimate Weight Conditioning Program (Sports Illustrated Winner's Circle Books) John Garhammer**

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The 5 properties of a strength conditioning program.

A complete guide to the proper use of free weights and machines.

Eighty machine and free-weight exercises that can make you stronger.

How to beat the GAS (General Adaption Syndrome).

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