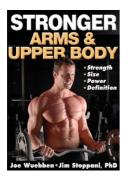
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## STRONGER ARMS AND UPPER BODY



Human Kinetics Publishers. Paperback Book Condition new. BRAND NEW, Stronger Arms and Upper Body, Joseph Wuebben, Jim Stoppani, Take your upper-body workout to the next level with "Stronger Arms & Upper Body". "Muscle & Fitness" magazine's Joe Wuebben and Jim Stoppani, PhD, team up to provide the most effective exercises and programs for increasing strength, definition, power, and size. Targeting the development of shoulders, arms, upper back, chest, and abdominals, "Stronger Arms & Upper Body" features over 100 exercises for...

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- Authored by Joseph Wuebben, Jim Stoppani
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