



Powerlifting 101: For All Genders - Adults & Youth!

Brian K Allen

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This book is for two types of people. The first being someone who knows what powerlifting is and wants to begin with a solid base of knowledge. The second, is someone who wants an improved quality of life, but has never even considered powerlifting. Almost all aspects of powerlifting are covered in this quick-to-read book. InternationalPowerliftersCouncil.com

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