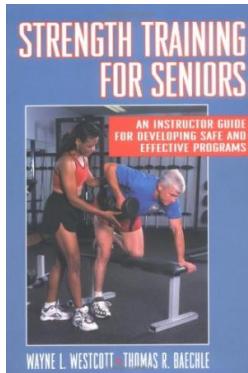


## Strength Training for Seniors: An Instructor Guide for Developing Safe and Effective Programs



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