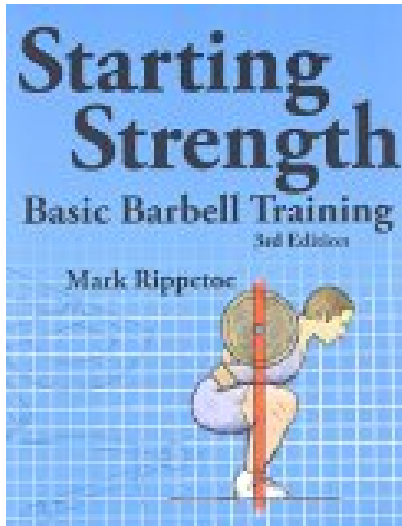


# Starting Strength Basic Barbell Training 3rd edition

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## BOOK DETAILS

- Author : Mark Rippetoe
- Pages : 347 Pages
- Publisher : The Aasgaard Company
- Language : English
- ISBN : 0982522738



## BOOK SYNOPSIS

Starting Strength: Basic Barbell Training is the new expanded version of the book that has been called "the best and most useful of fitness books." It picks up where Starting Strength: A Simple and Practical Guide for Coaching Beginners leaves off. With all new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the weight room, and a new chapter dealing with the most important assistance exercises, Basic Barbell Training offers the most complete examination in print of the most effective way to exercise.

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