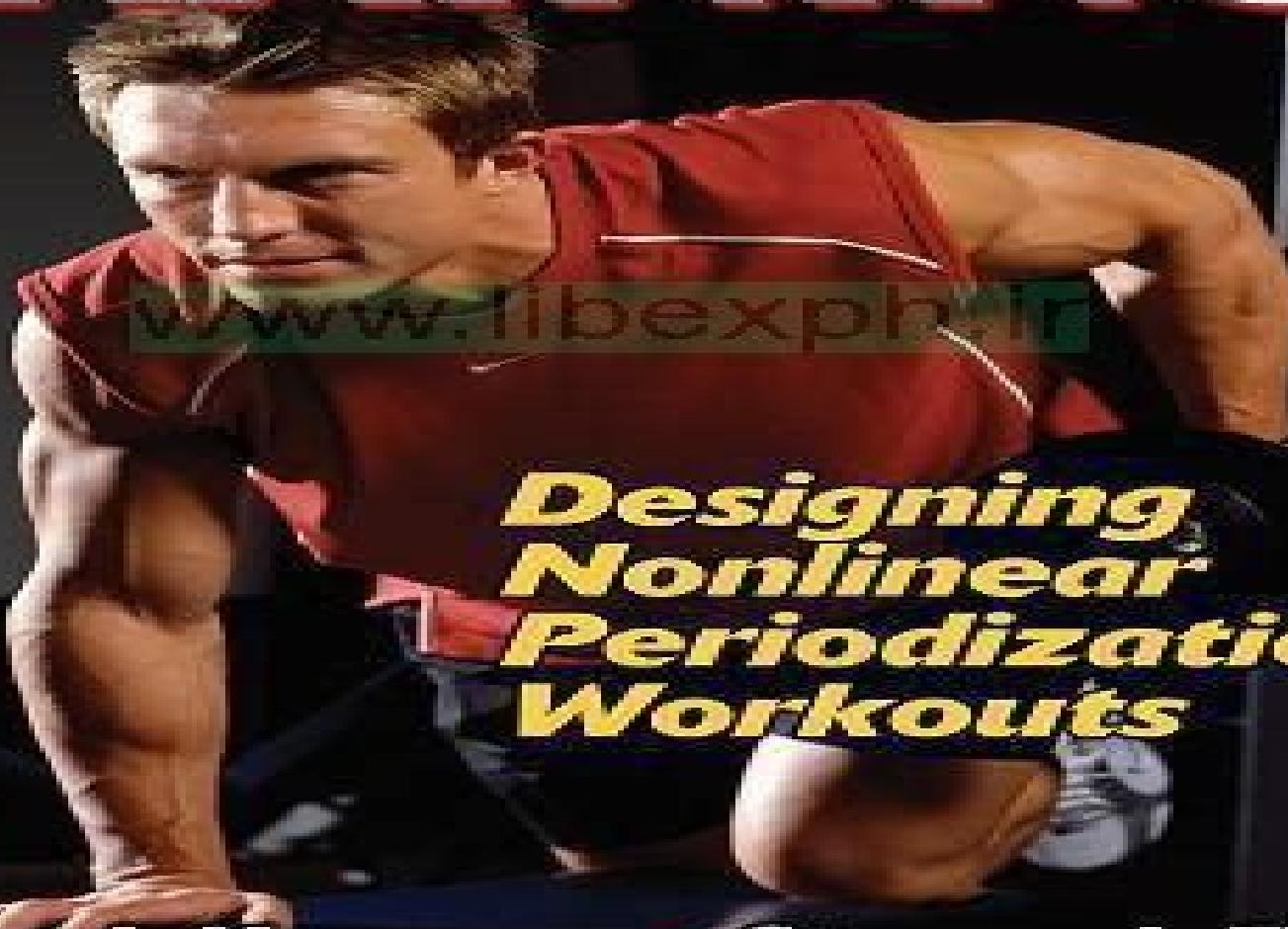


# Optimizing STRENGTH TRAINING



*Designing  
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Periodization  
Workouts*

William J. Kraemer • Steven J. Fleck

# Optimizing Strength Trainingdesigning Nonlinear Perioztn Wrkouts

**Marco Cascella**

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