

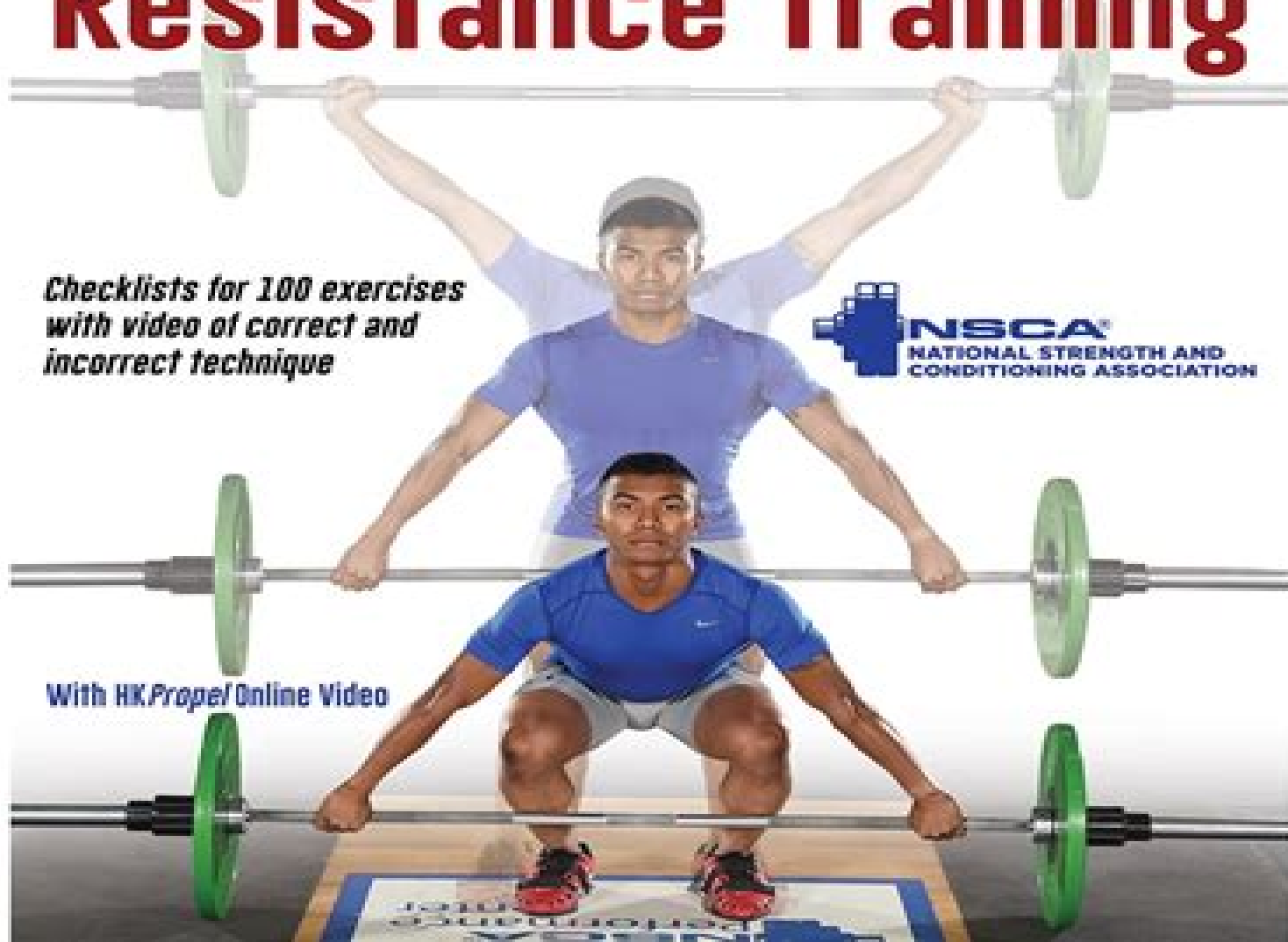
FOURTH EDITION

# Exercise Technique Manual for Resistance Training

*Checklists for 100 exercises  
with video of correct and  
incorrect technique*



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# Exercise Manuals

**Ian Pickup**



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