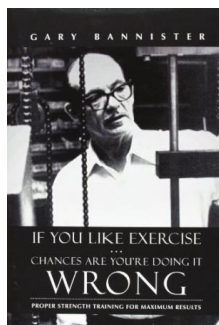


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iUniverse. Hardcover. Book Condition: New. Hardcover. 282 pages. Dimensions: 9.2in. x 6.3in. x 0.9in. In *If You Like Exercise . . . Chances Are You're Doing It Wrong*, author Gary Bannister tells us that the power-to-be have all but destroyed the value of muscle isolation, discredited the use of machines in general, ignored everything related to the work of Arthur Jones and replaced it with a ten-cent solution. He claims that until the field of exercise defines what is true and what..

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