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By Rob Price

By Rob Price

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Rob Price is a first class certified personal trainer and a former fitness consultant at the University of Wisconsin. He is a national weight lifting champion and

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About Robert G. Price: Rob Price is a first class certified personal trainer and a former fitness consultant at (Ultimate Guide to Weight Training for Sports)

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Ultimate Guide to Weight Rob Price is a first class certified personal trainer and a for his sports-training expertise. Rob is a contributing author

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