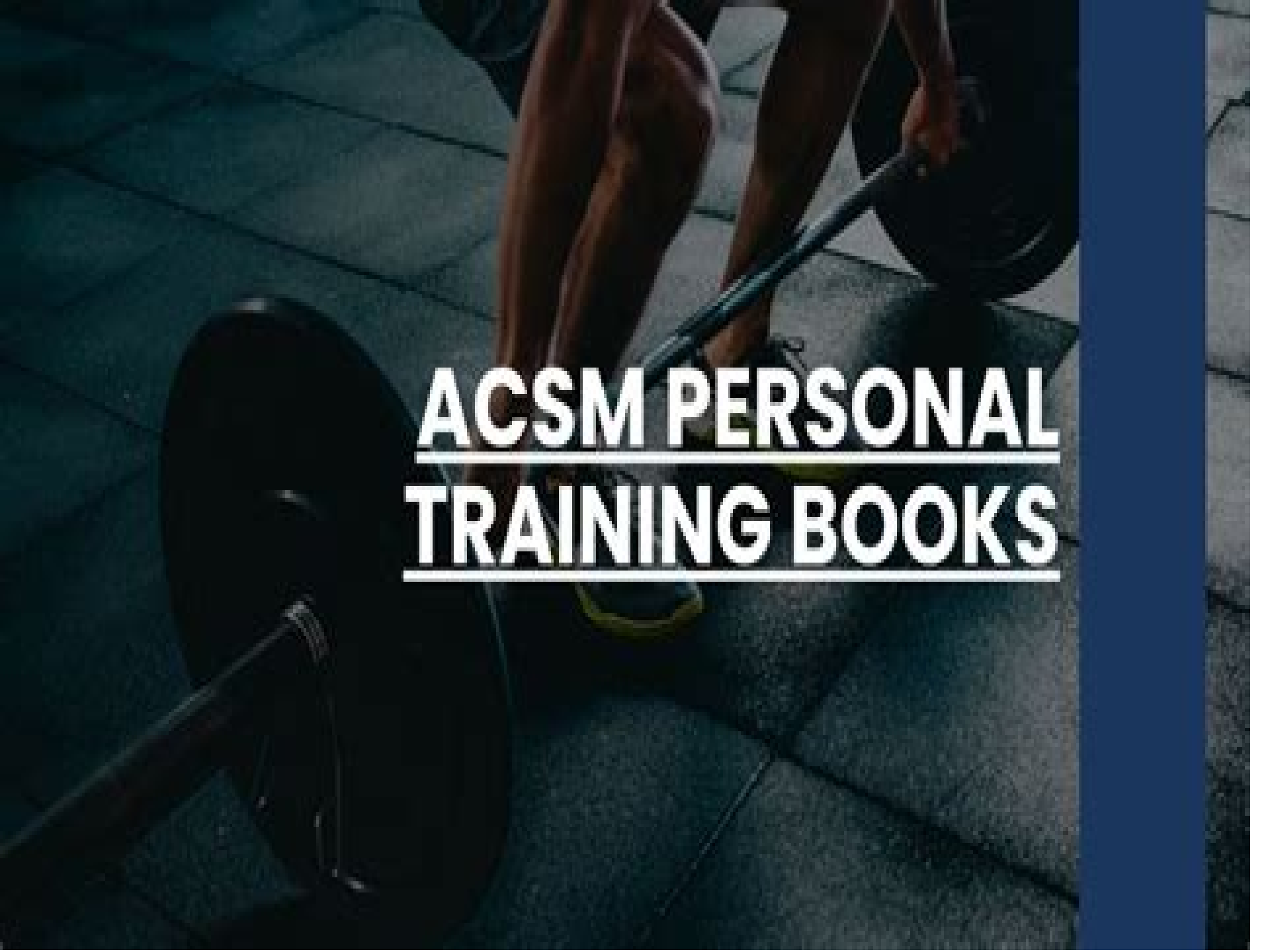


A person is performing a deadlift in a gym. They are lifting a barbell with weights from the floor. The person's legs and arms are visible, showing muscle definition. The background is a dark, tiled floor. The text "ACSM PERSONAL TRAINING BOOKS" is overlaid in white, bold, sans-serif font, underlined.

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