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in the 2nd edition it goes like this: a 3x5 squat 3x5 bench press 1x5 deadlift b 3x5 squat 3x5 press 5x3 power cleans when i read the 3rd edition it's this:

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foreword many things have happened since i started the writing of starting strength: a simple and practical guide for coaching beginners in 2004.

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