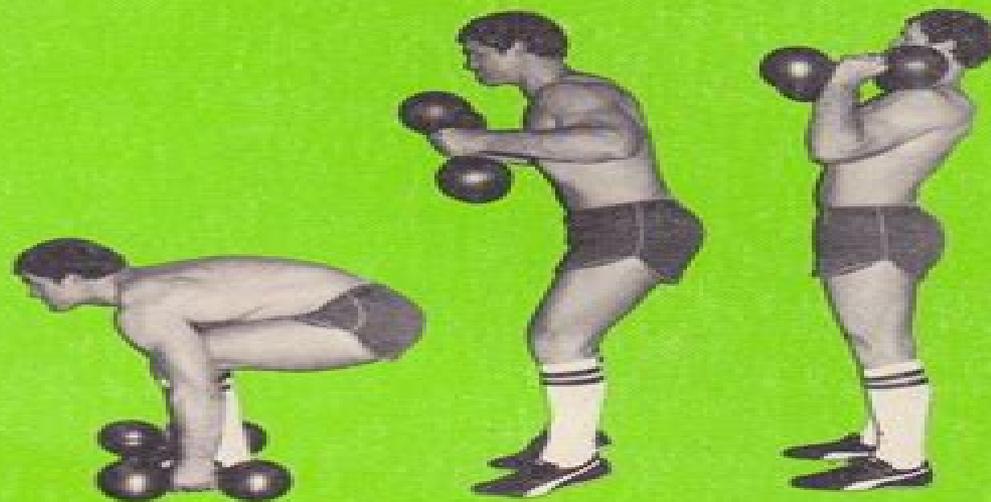


**THE
NOTRE DAME**

**WEIGHT
TRAINING
PROGRAM
FOR FOOTBALL**



N. D. STRENGTH COACH

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