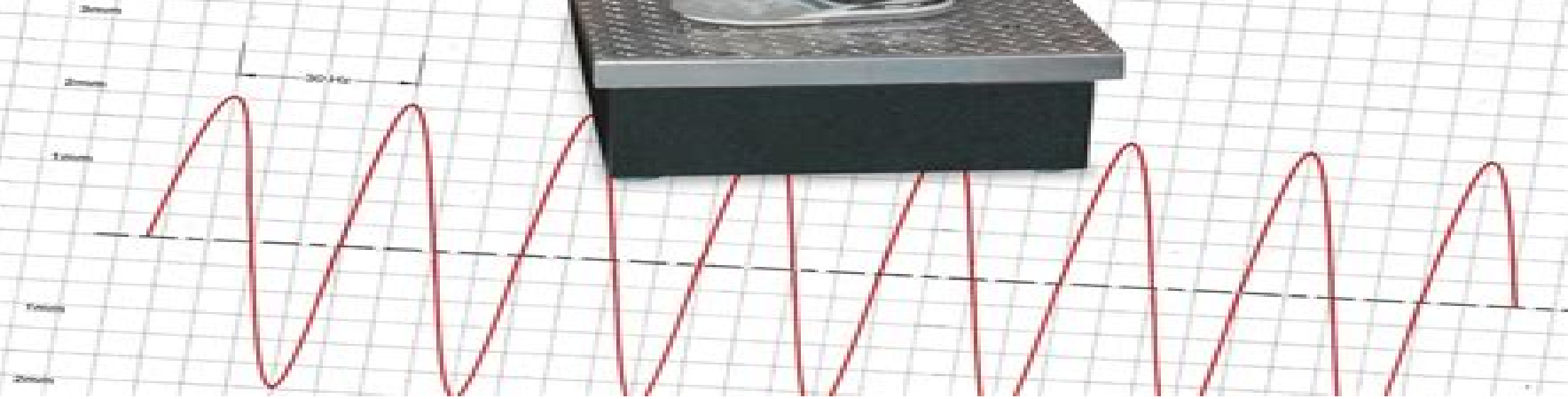
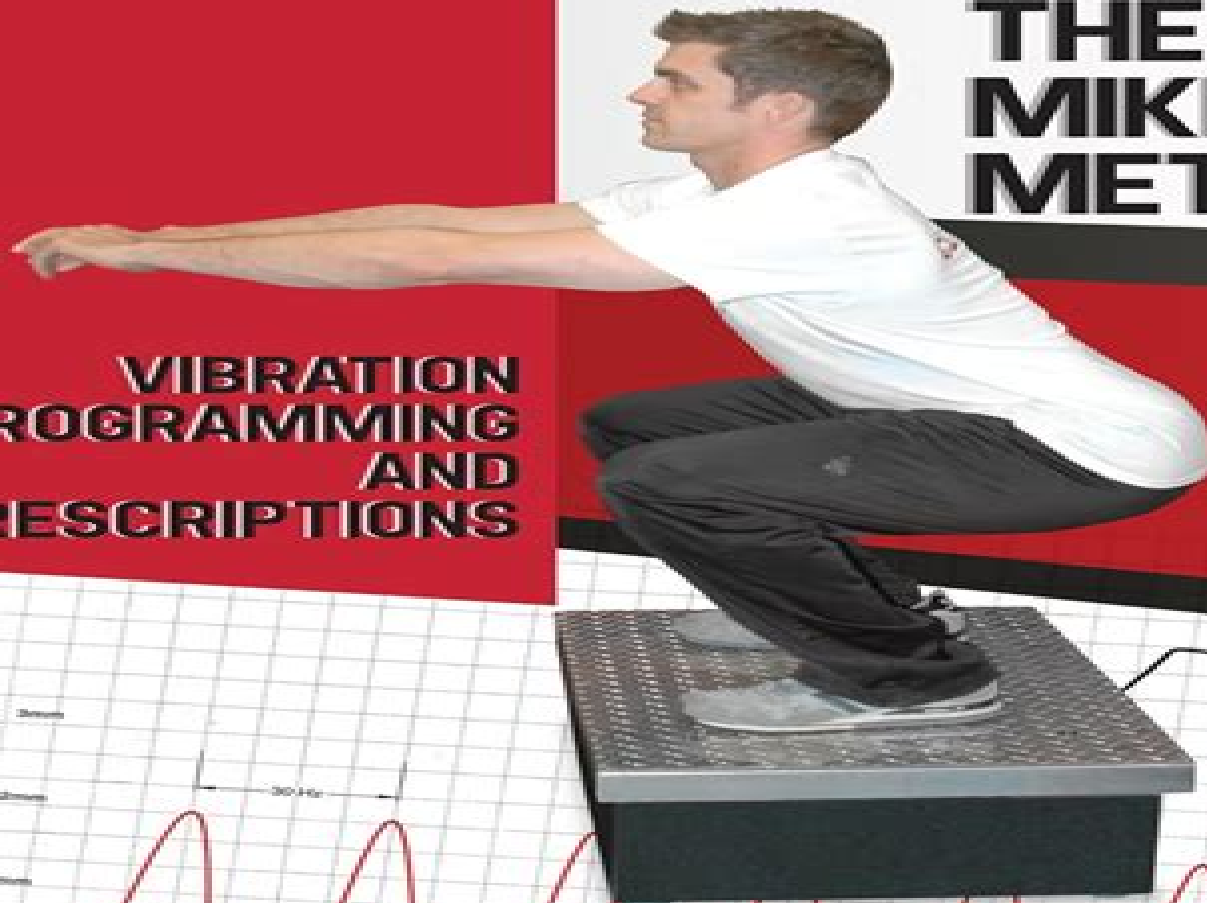


**TIMOTHY M.
DORNEMANN
ALEXANDER
MIKHEEV, Ph.D.**

RUSSIAN VIBRATION TRAINING: THE MIKHEEV METHOD

**VIBRATION
PROGRAMMING
AND
PRESCRIPTIONS**



Russian Vibration Training The Mikheev Method Vibration Programming And Prescriptions

Timothy M. Dornemann



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