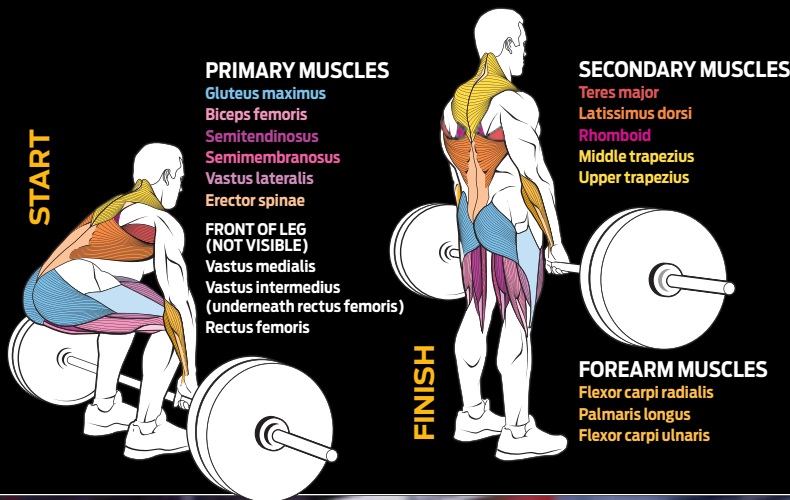


# ANATOMY OF A Deadlift



PHOTOS (THESE TWO PAGES) RALPH DEHAAN; ILLUSTRATIONS BY STUART WEISS