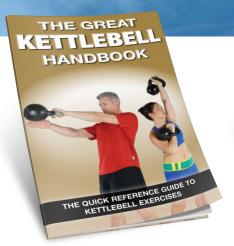
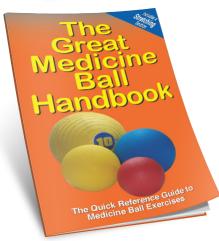


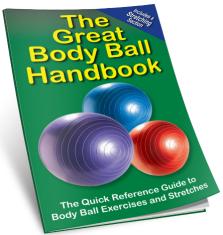
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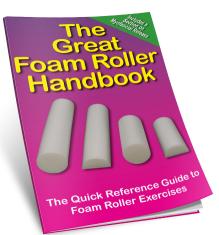












These books offer step-by-step instruction for full body training. A valuable resource for athletes and a great addition to team fitness training.

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