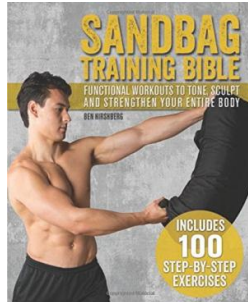


## Sandbag Training Bible: Functional Workouts to Tone, Sculpt and Strengthen Your Entire Body



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