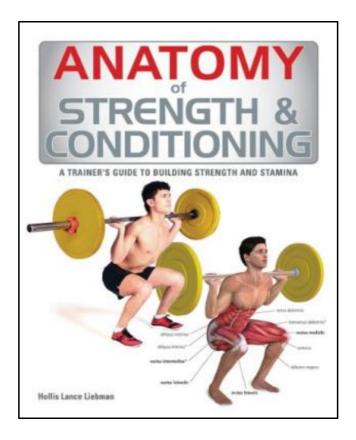
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(Jamar Stracke)

ANATOMY OF STRENGTH CONDITIONING



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