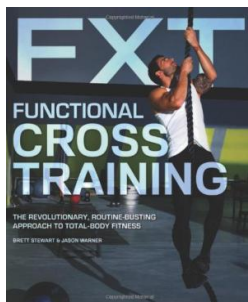


## Functional Cross Training: The Revolutionary, Routine-busting Approach to Total Body Fitness



### Book Review

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(Alize Bashirian I)

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