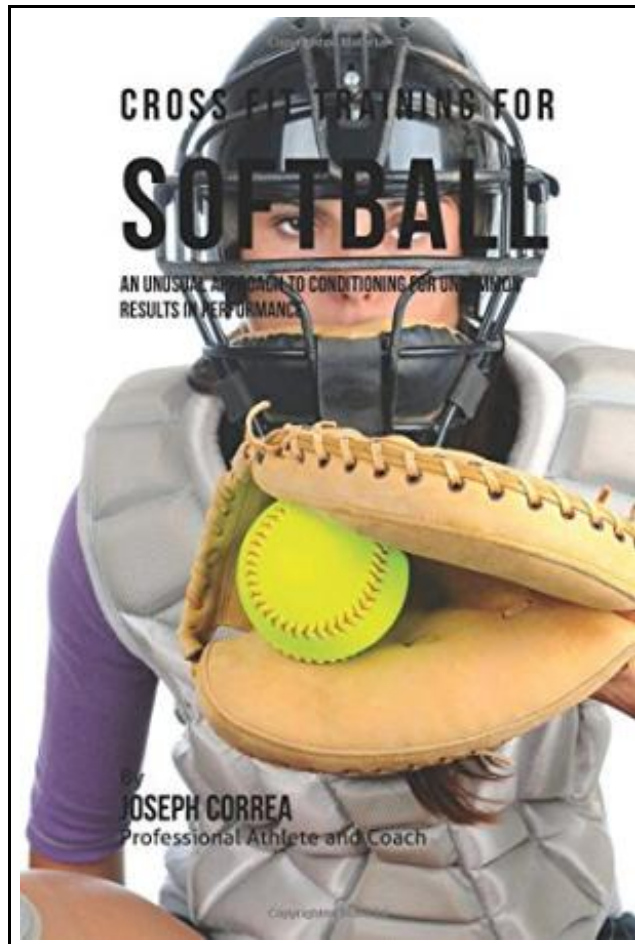


## Cross Fit Training for Softball: An Unusual Approach to Conditioning for Uncommon Results in Performance



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