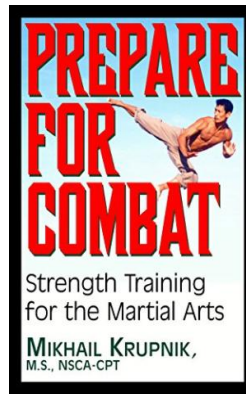


Prepare for Combat: Strength Training for the Martial Arts



Book Review

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(Rory Mayert)

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