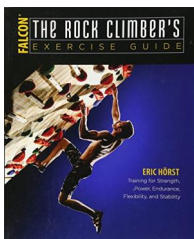


The Rock Climber's Exercise Guide: Training for Strength, Power, Endurance, Flexibility, and Stability (Paperback)



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