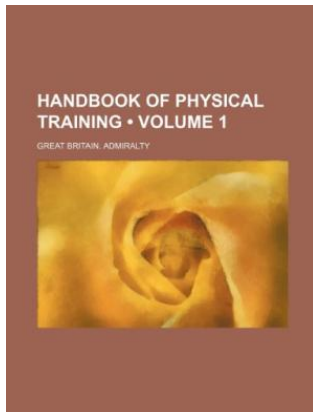


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## HANDBOOK OF PHYSICAL TRAINING VOLUME 1



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