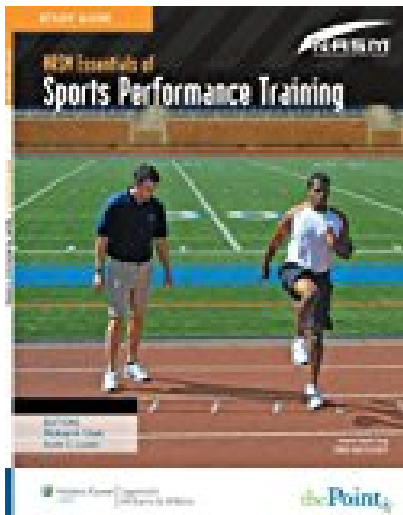


Study Guide to Accompany NASM Essentials of Sports Performance Training



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