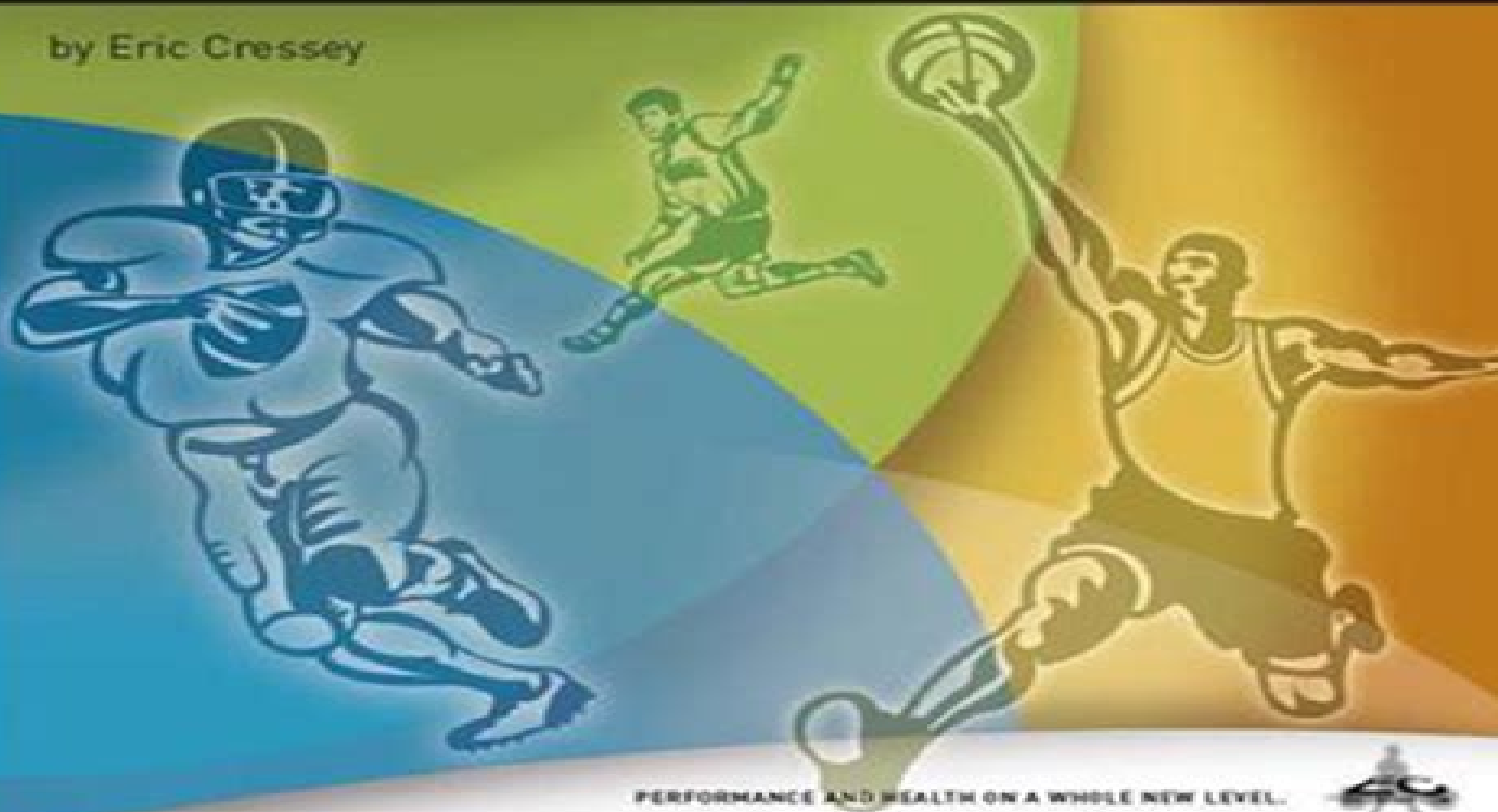


# THE ULTIMATE OFF-SEASON Training Manual

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