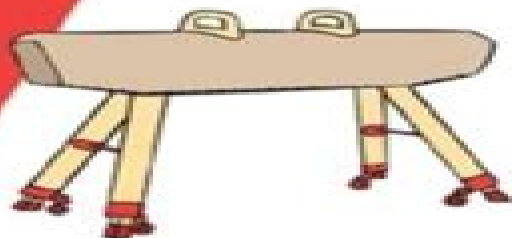


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# The Ultimate Guide To Weight Training For Gymnastics

**Thirumalaisamy P.**  
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