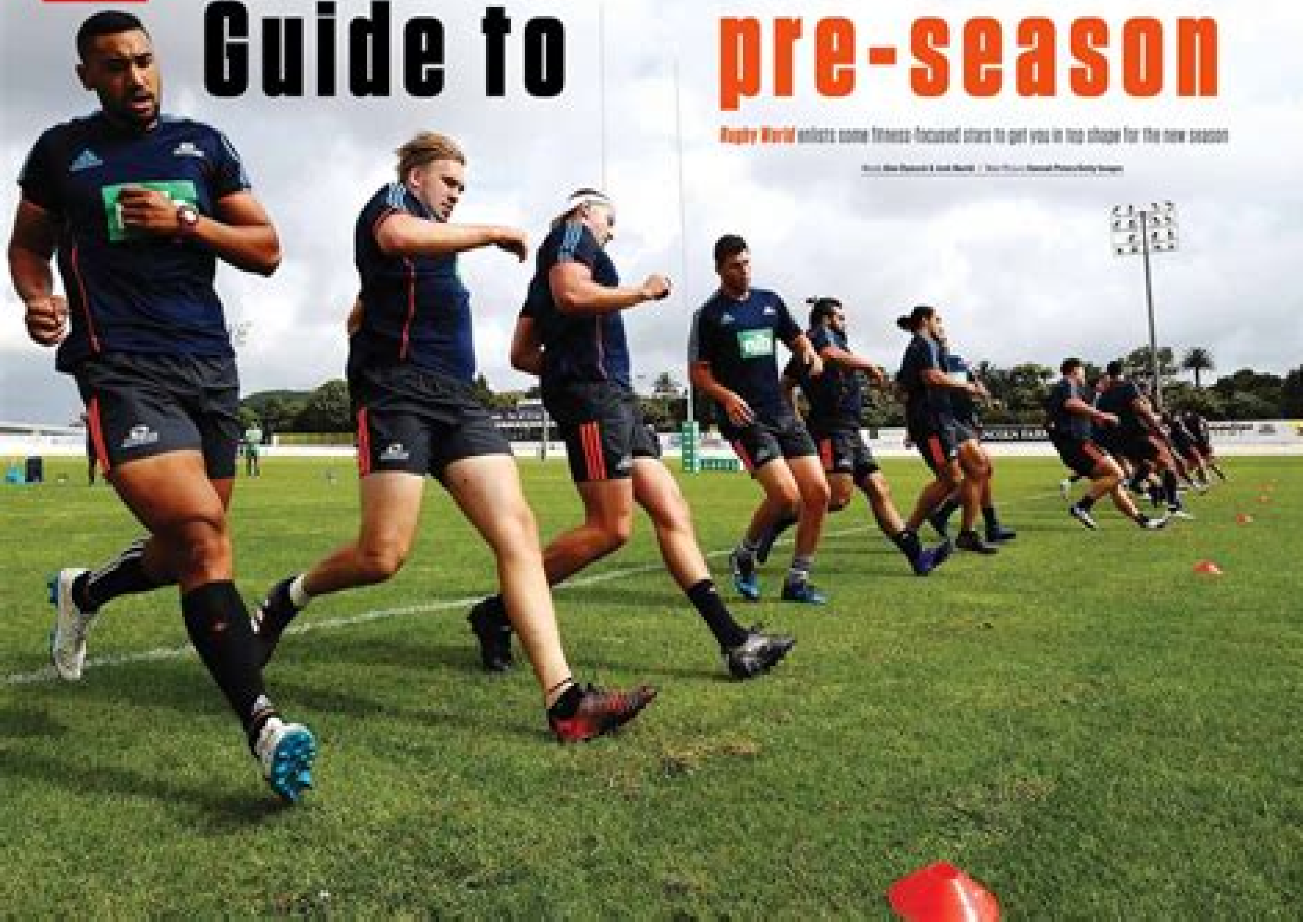


# Guide to

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**Rugby World** unlocks some fitness-focused stars to get you in top shape for the new season

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# Rugby Training Manual Example

**N Colangelo**



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