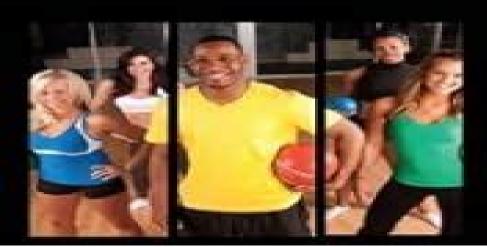




PROFESSIONAL'S MANUAL



THIRD EDITION

Fitness Manual Neta

Lingsheng Yao



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