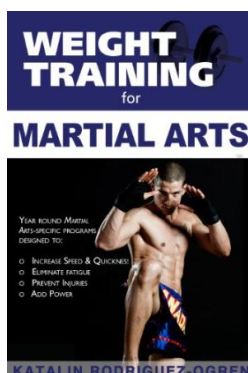


Weight Training for Martial Arts: The Ultimate Guide



Book Review

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