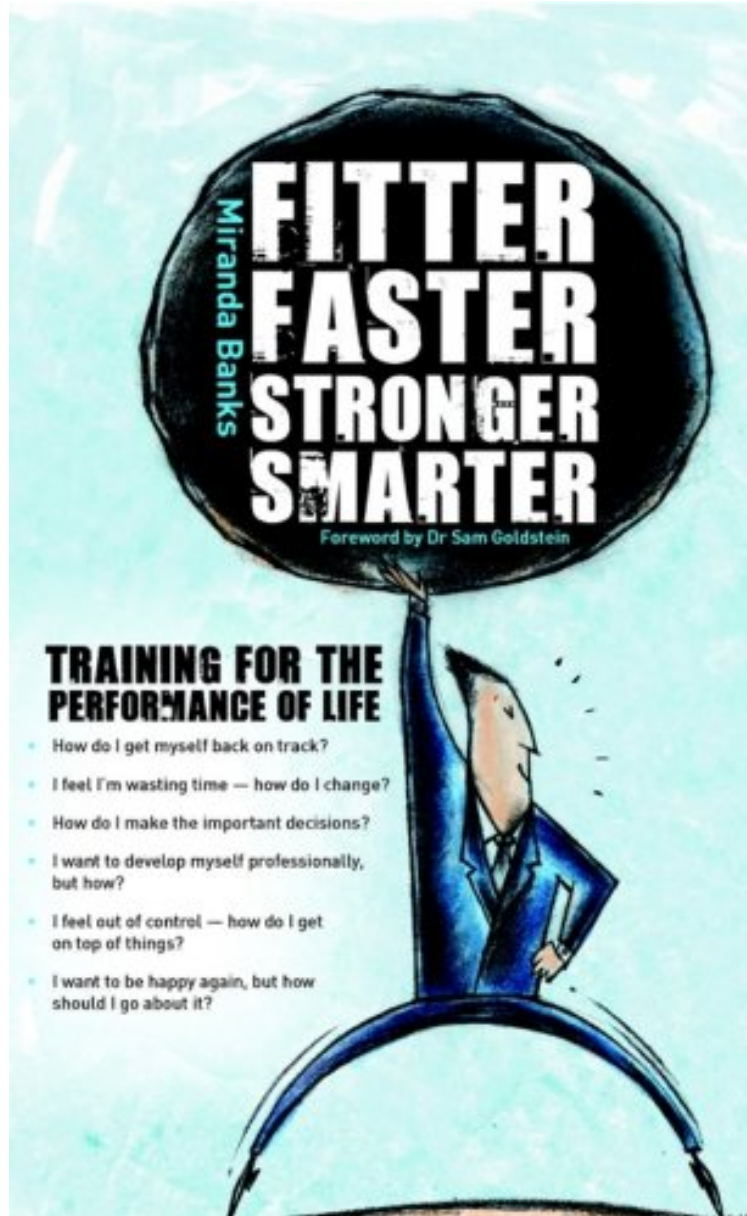


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# Fitter, Faster, Stronger, Smarter: Training for the Performance of Life

Miranda Banks

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