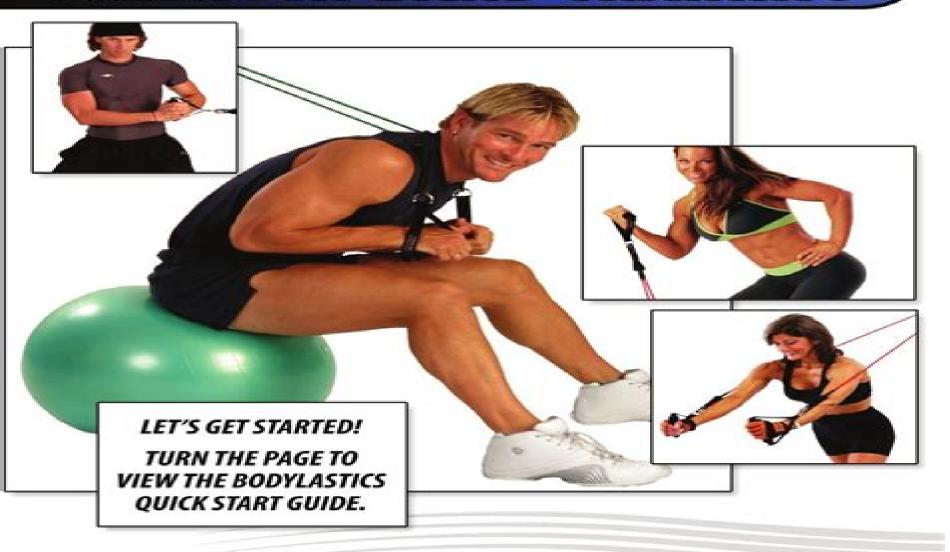


# STRENGTH BAND TRAINING



## **Bodylastics Exercise Manual**

### **Aaron Marcus**

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