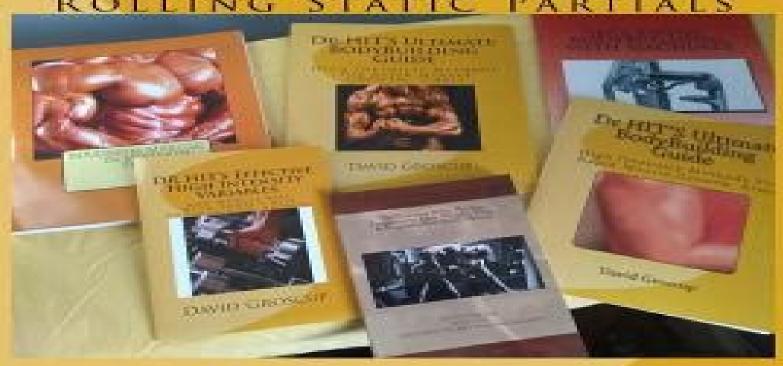
ADVANCED HIGH INTENSITY TRAINING VARIABLES

REPS. PARTIALS. SUPER-X AND ROLLING STATIC PARTIALS



DAVID GROSCUP

Advanced High Intensity Training Variables

Tao Wei

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web ez quilting easy kite set the ez quilting easy kite tool by sharon hultgren is a three piece template pack including the main kite template enabling you to cut three sizes of kite shapes including a seam allowance the extended triangle and small triangle templates combine with the kite to create patchwork blocks