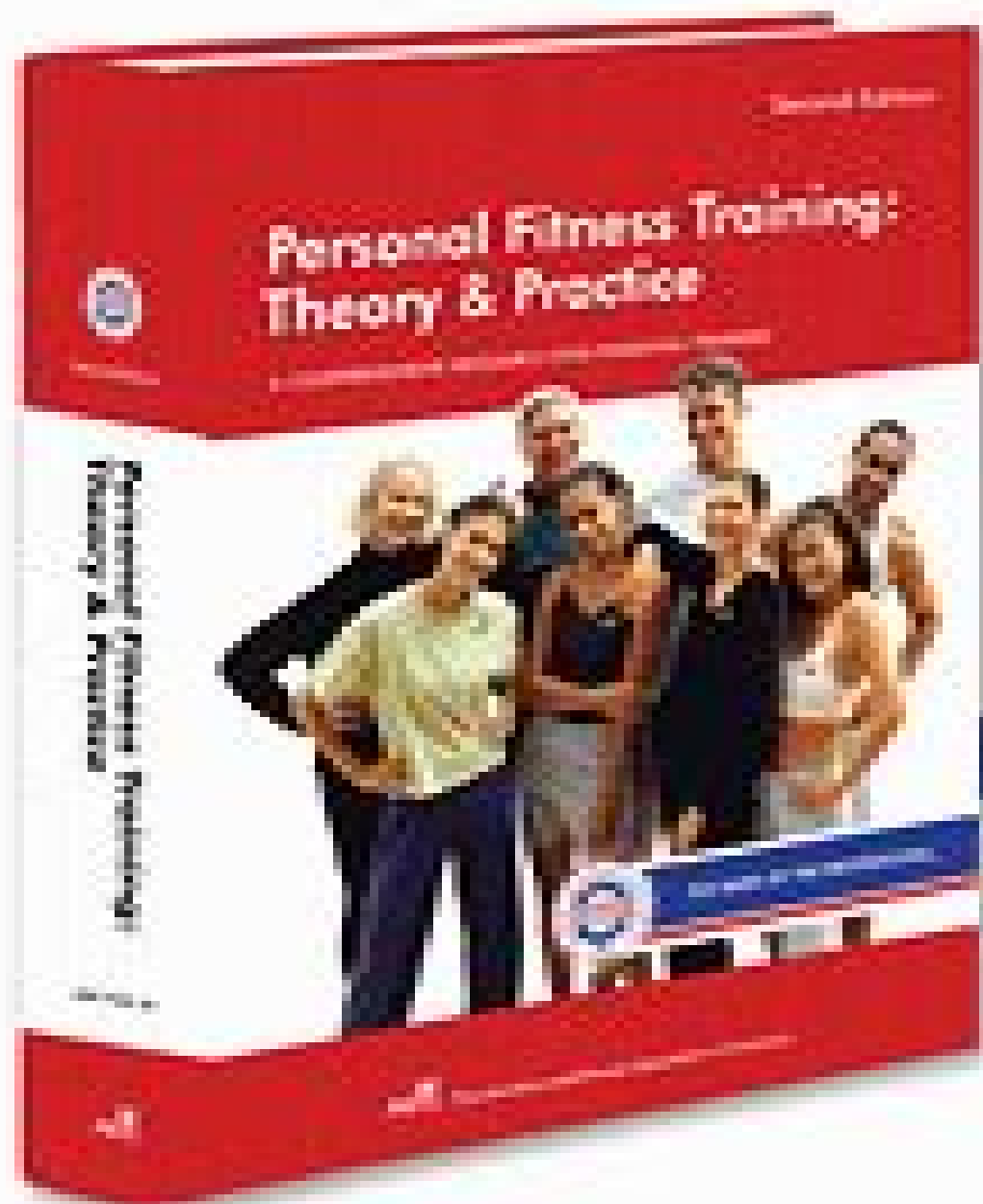




2nd Edition

Afaa Personal Training Manual

Melyssa St. Michael, Linda Formichelli



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