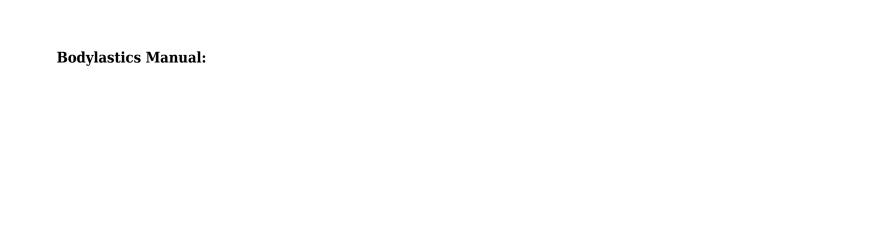


STRENGTH BAND TRAINING



Bodylastics Manual

Nora St. John, Angelie Renay Melzer



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