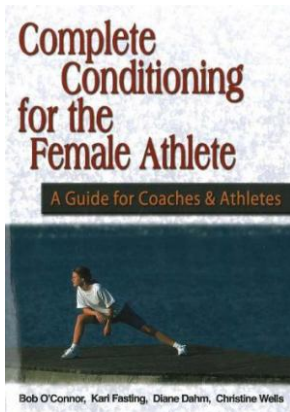


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# COMPLETE CONDITIONING FOR THE FEMALE ATHLETE: A GUIDE FOR COACHES AND ATHLETES



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