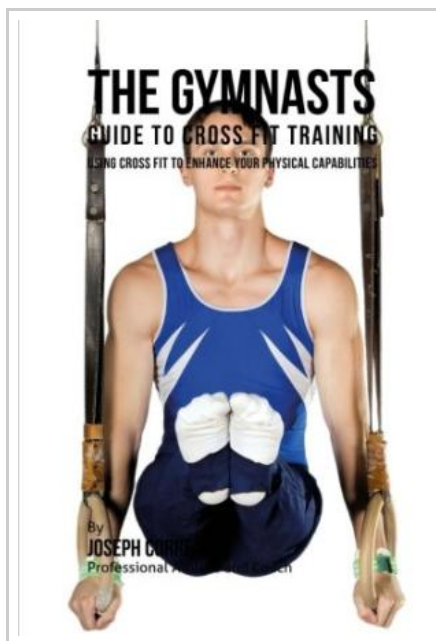




The Gymnasts Guide to Cross Fit Training: Using Cross Fit to Enhance Your Physical Capabilities

By Correa (Professional Athlete and Coach)

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