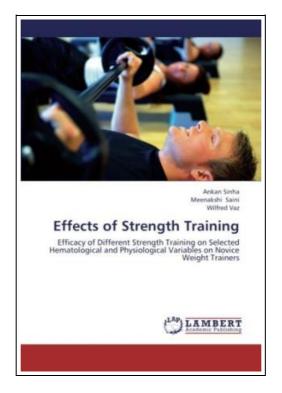
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(Mrs. Shanna Mann)

EFFECTS OF STRENGTH TRAINING



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