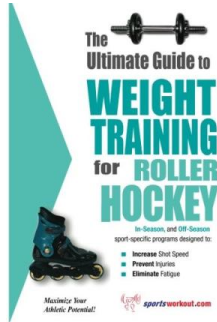


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## THE ULTIMATE GUIDE TO WEIGHT TRAINING FOR ROLLER HOCKEY



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