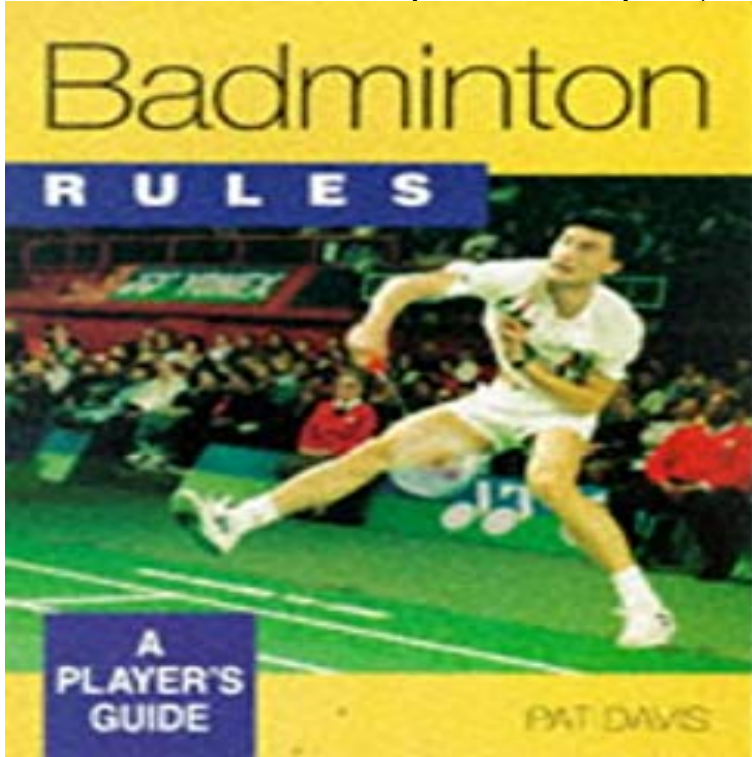


# How to Get Fit for Sport: A Step-By-Step Guide (Jarrold Sports)



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