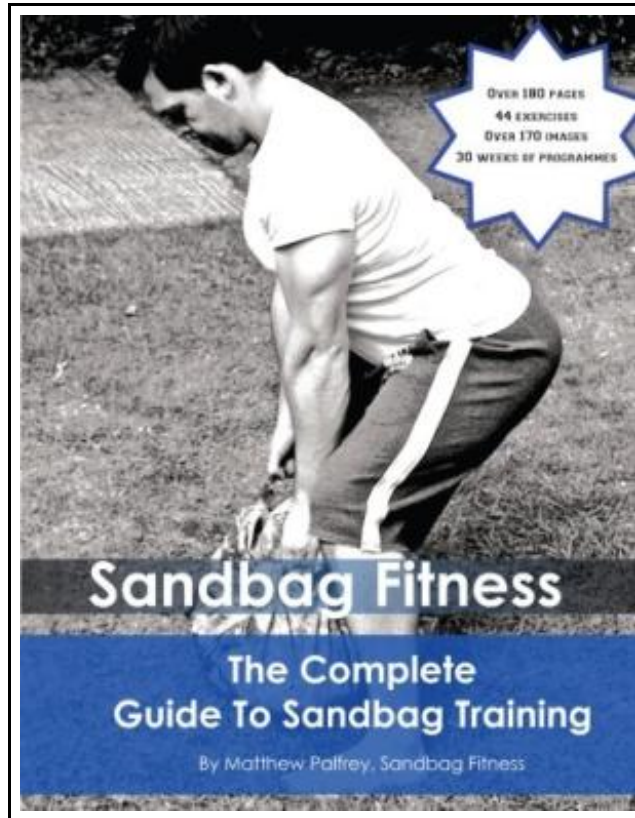


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THE COMPLETE GUIDE TO SANDBAG TRAINING



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