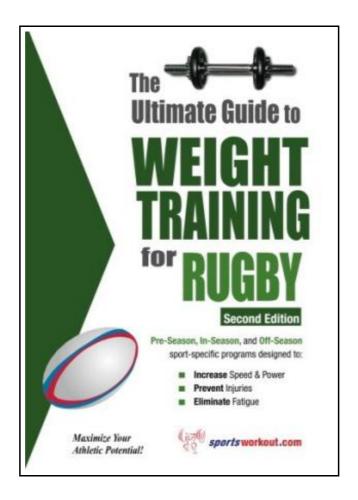
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# ULTIMATE GUIDE TO WEIGHT TRAINING FOR RUGBY (2ND REVISED EDITION)



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