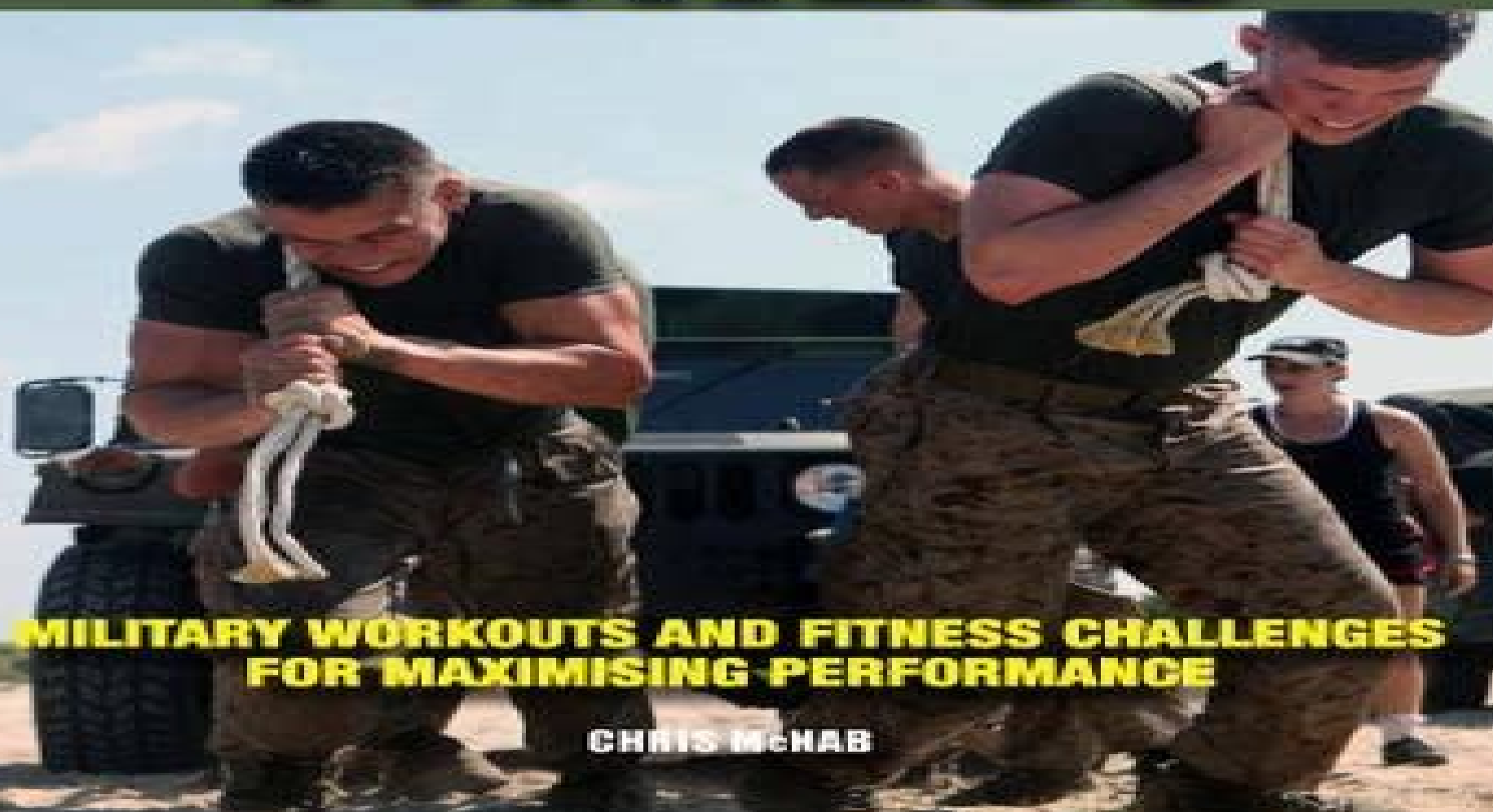


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EXTREME FITNESS



**MILITARY WORKOUTS AND FITNESS CHALLENGES
FOR MAXIMISING PERFORMANCE**

CHRIS McNAB

Extreme Fitness Guide

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