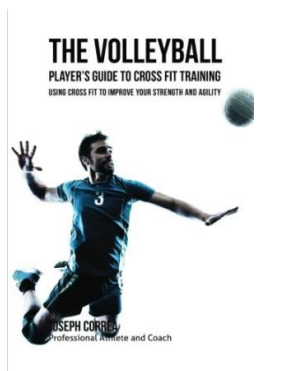


## The Volleyball Player's Guide to Cross Fit Training: Using Cross Fit to Improve Your Strength and Agility



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