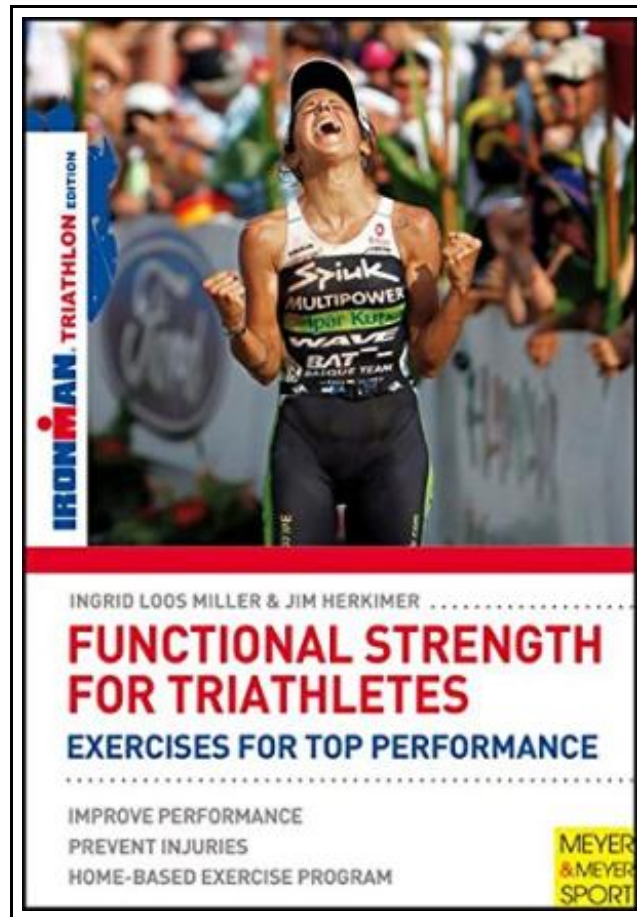


## Functional Strength for Triathletes: Exercises for Top Performance



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