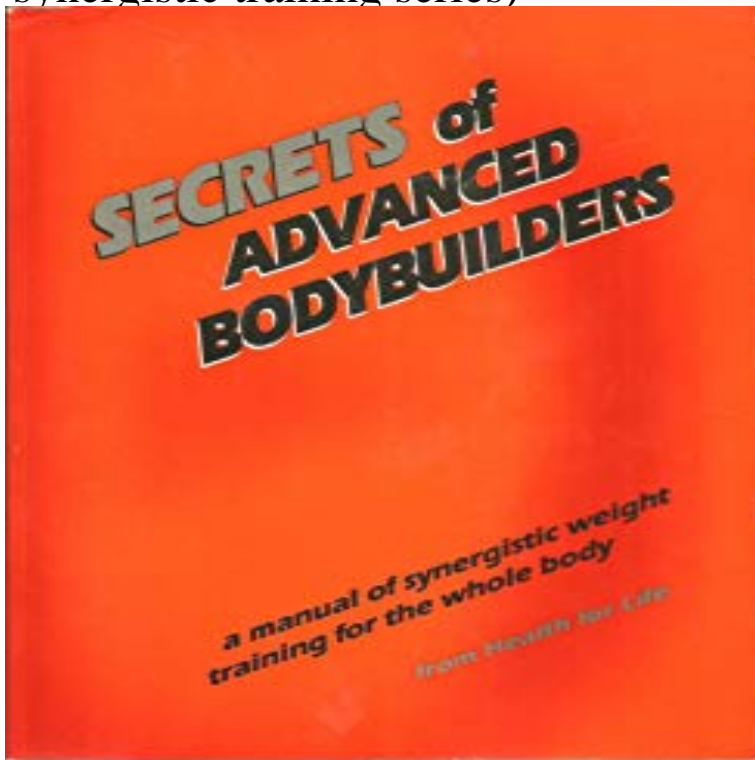


Max O2: The Complete Guide to Synergistic Aerobic Training (HFL synergistic training series)



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