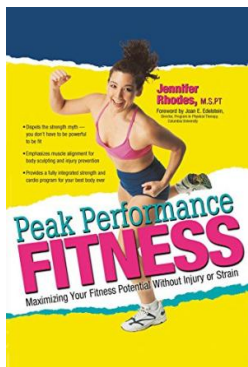


## Peak Performance Fitness: Maximizing Your Fitness Potential Without Injury or Strain



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