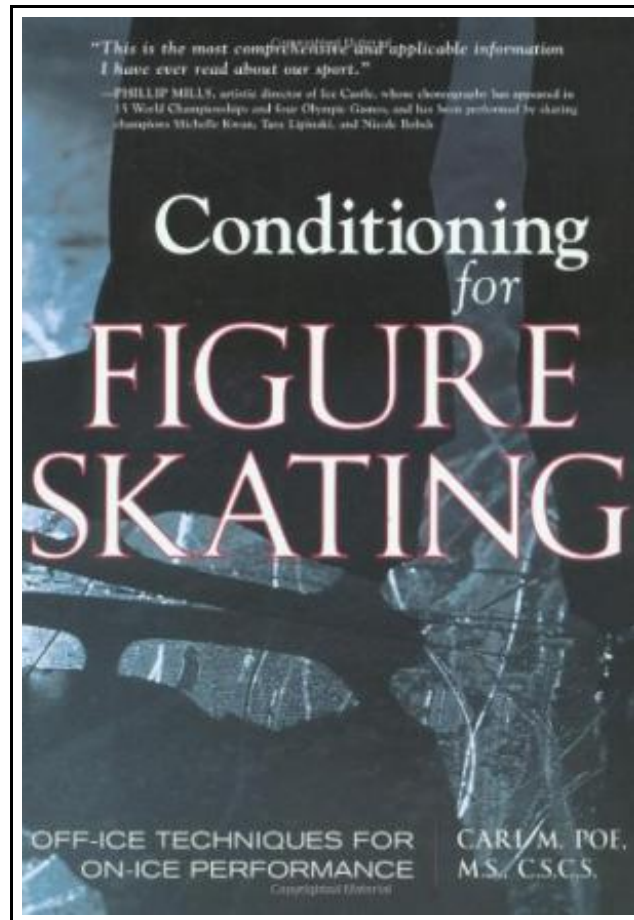


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CONDITIONING FOR SKATING: OFF-ICE TECHNIQUES FOR ON-ICE PERFORMANCE

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