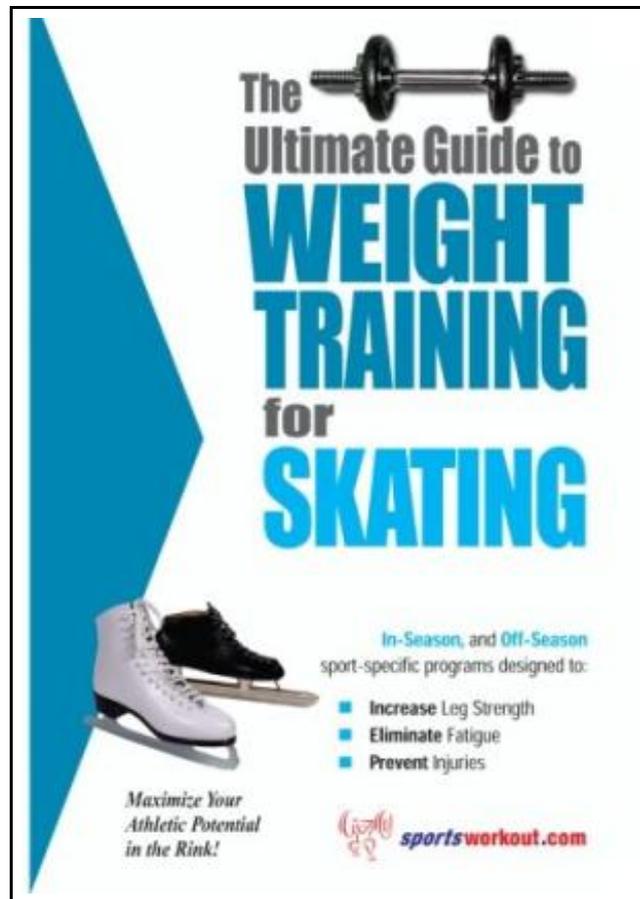


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ULTIMATE GUIDE TO WEIGHT TRAINING FOR SKATING



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