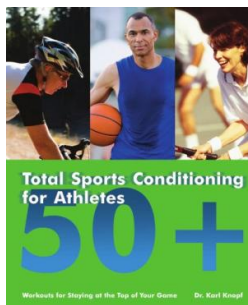


## Total Sports Conditioning for Athletes 50+: Workouts for Staying at the Top of Your Game



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