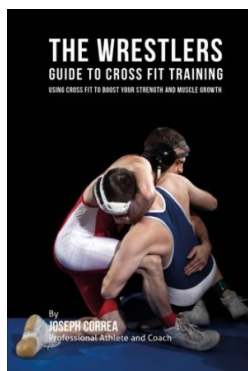


## The Wrestlers Guide to Cross Fit Training: Using Cross Fit to Boost Your Strength and Muscle Growth



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