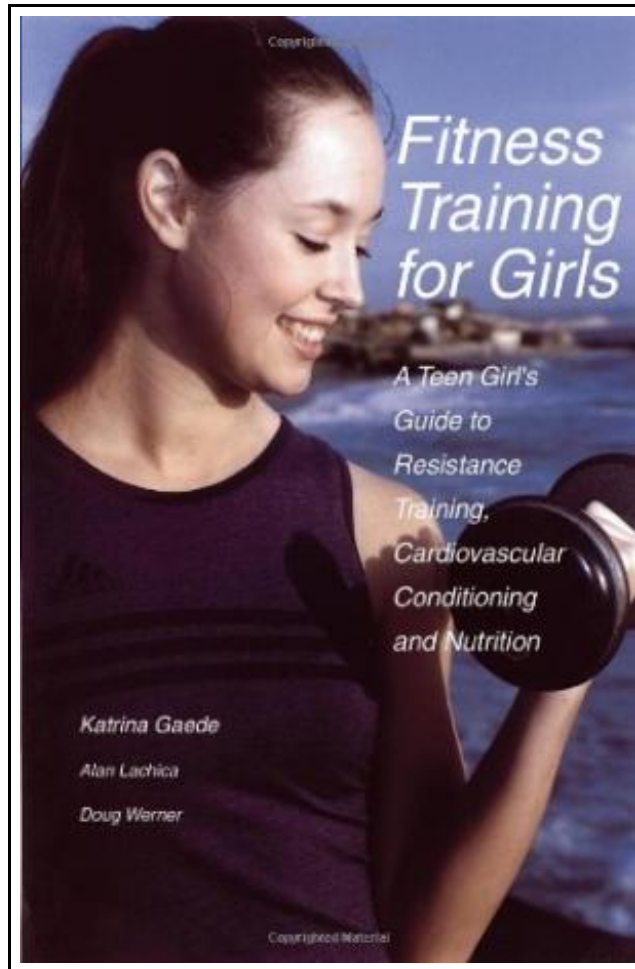


## Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition



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