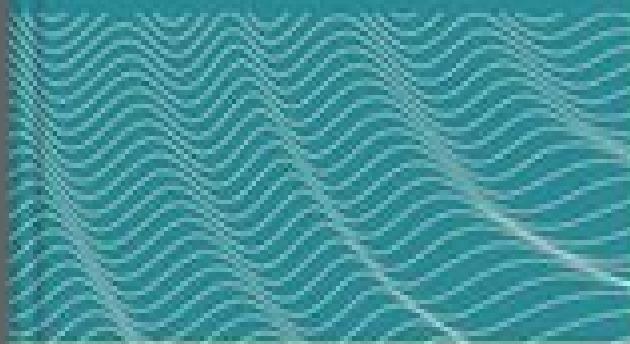


# YOUNG ATHLETE'S HANDBOOK



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# The Nautilus Handbook For Young Athletes

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