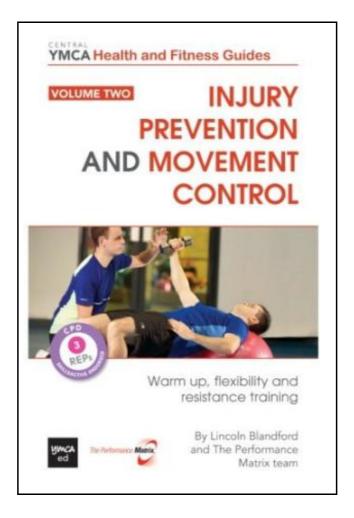
# Injury Prevention and Movement Control Warm Up, Flexibility and Resistance Training Volume 2



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