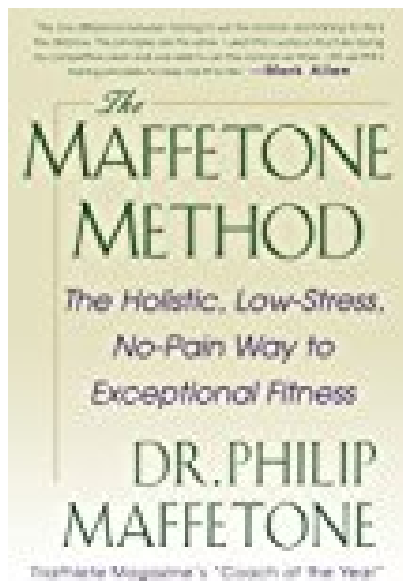


The Maffetone Method The Holistic Low-Stress No-Pain Way to Exceptional Fitness



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