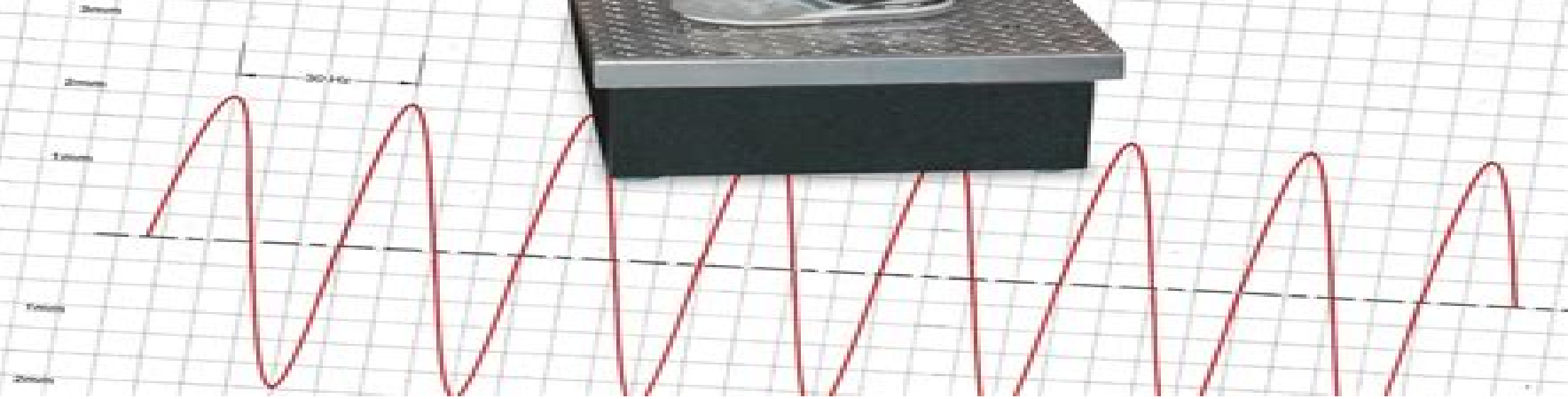
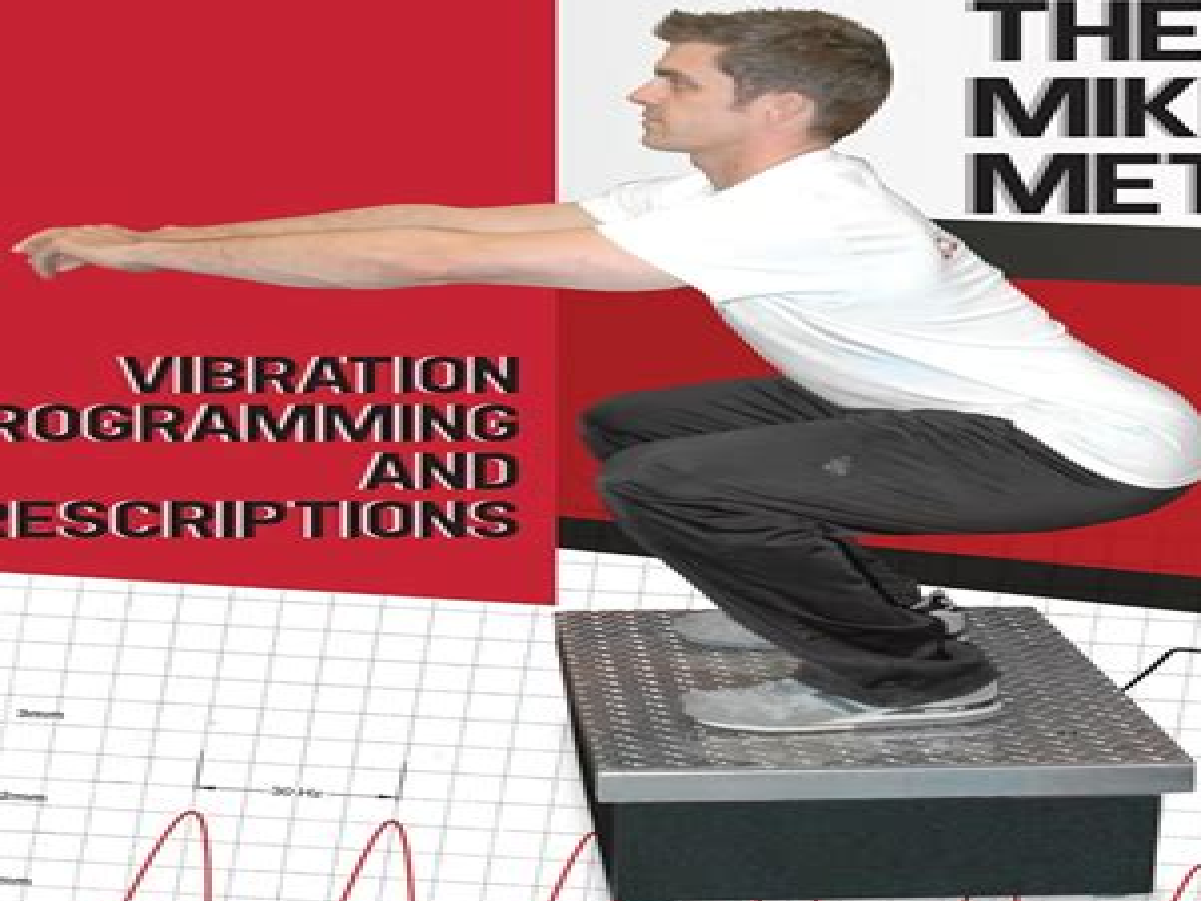


**TIMOTHY M.  
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# **RUSSIAN VIBRATION TRAINING: THE MIKHEEV METHOD**

**VIBRATION  
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# Russian Vibration Training The Mikheev Method Vibration Programming And Prescriptions

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