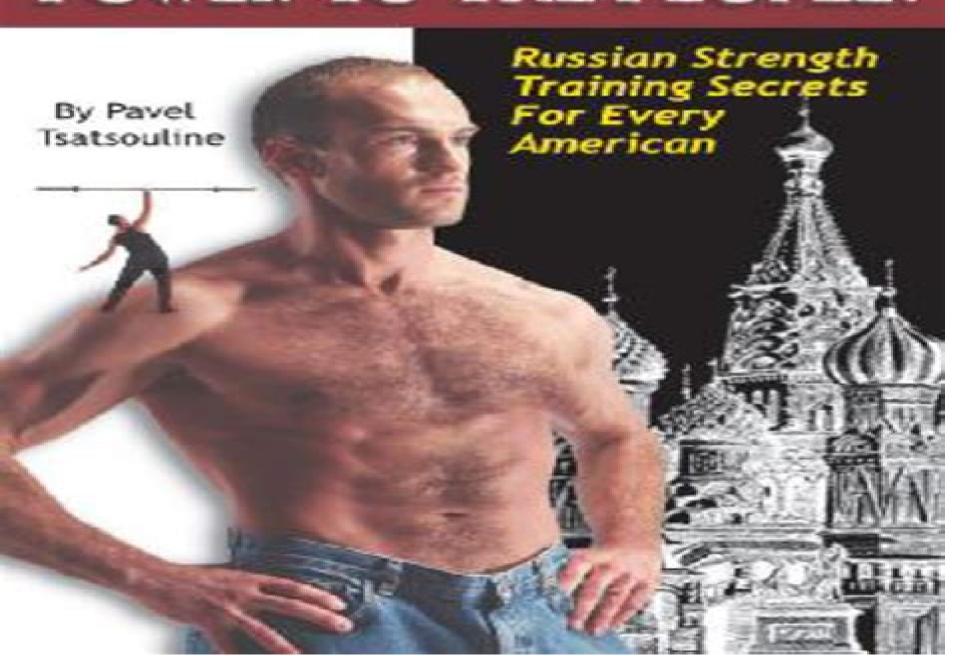
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### **Russian Strength Training Manual**

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