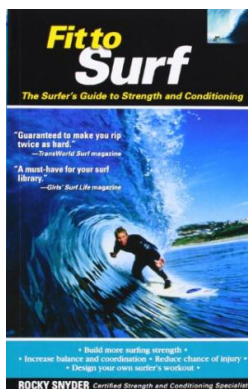


## Fit to Surf: The Surfer's Guide to Strength and Conditioning



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