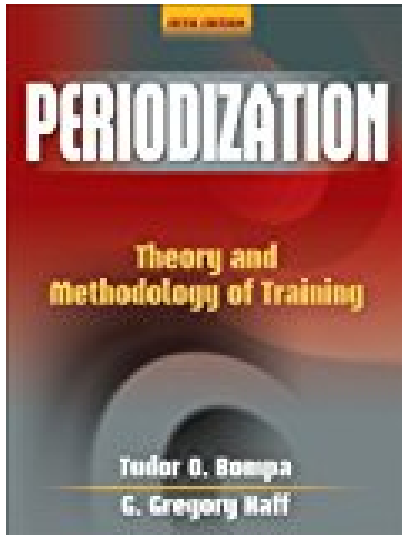


# Periodization-5th Edition Theory and Methodology of Training

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