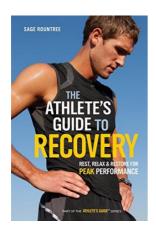
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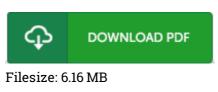
THE ATHLETES GUIDE TO RECOVERY: REST, RELAX, AND RESTORE FOR PEAK PERFORMANCE



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