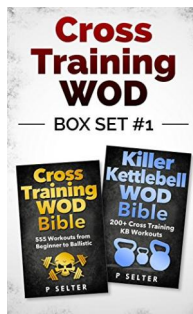


## Cross Training WOD: Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic & Killer Kettl



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