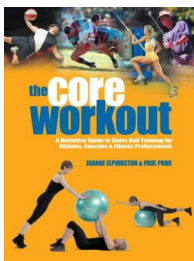# The Core Workout: A Definitive Guide to Swiss Ball Training for Athletes, Coaches and Fitness Professionals (4th Revised edition)

Book Review

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