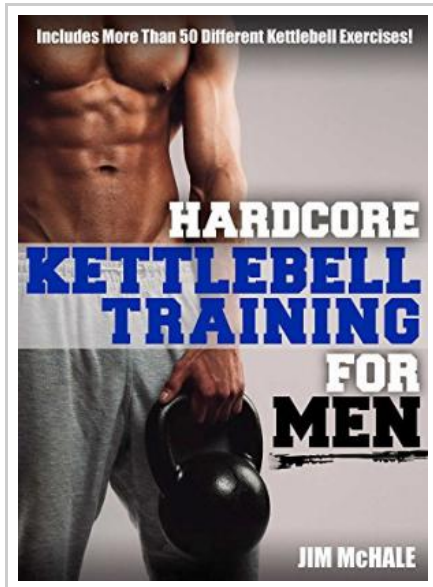




Hardcore Kettlebell Training for Men

By James P. McHale

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