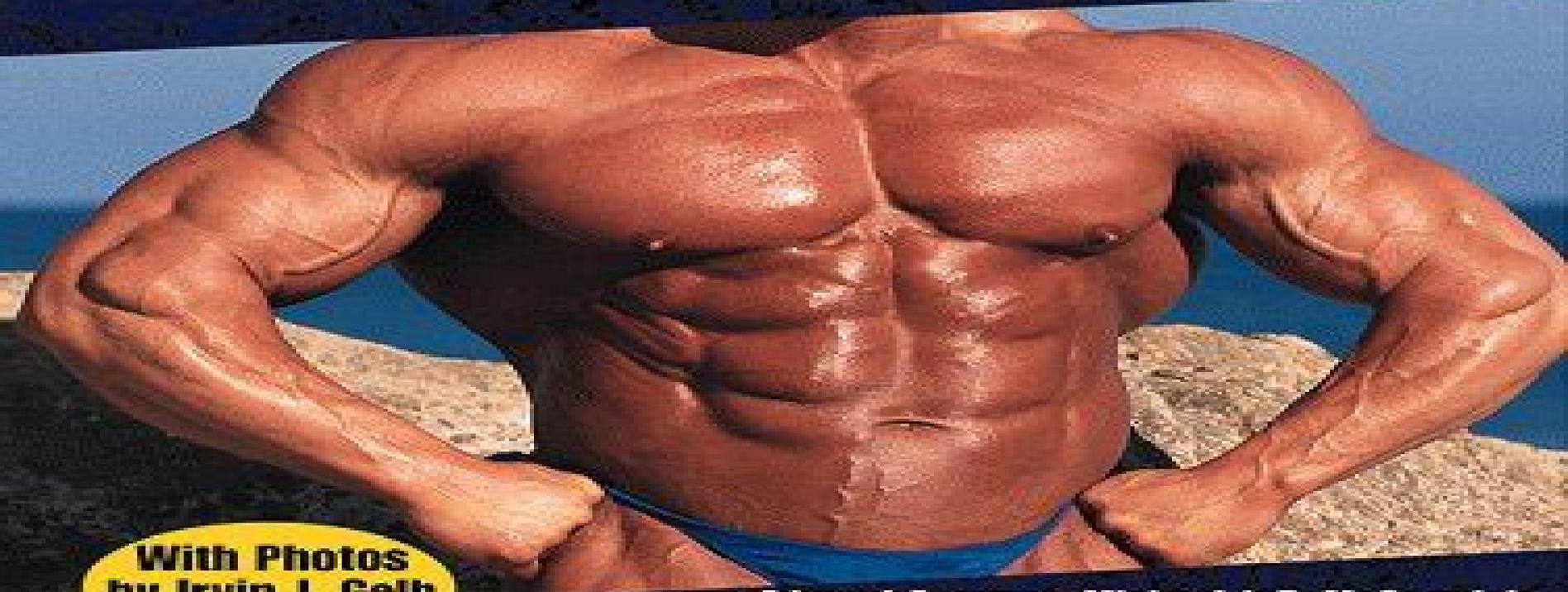


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# **Total** **TORSO** **Training**



**With Photos  
by Irvin J. Gelb**

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# Total Torso Training

**Rachel S Tattersall**



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