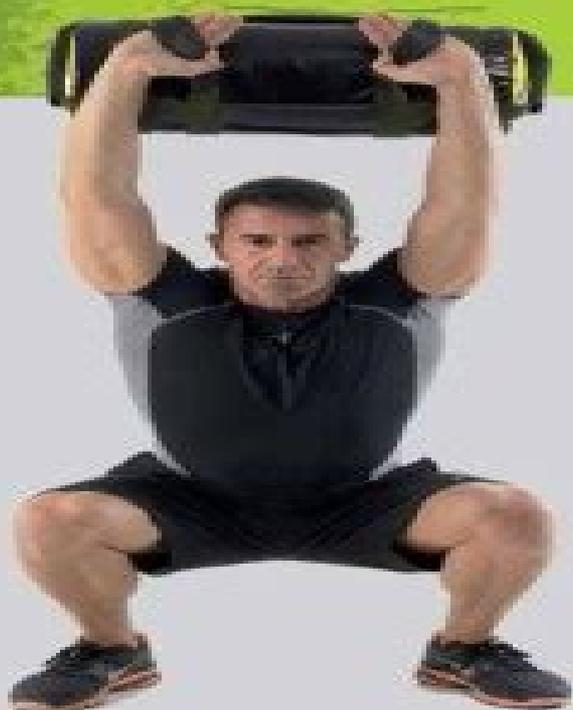




# THE FUNCTIONAL TRAINING BIBLE



*Bodyweight & Everyday Equipment Workouts*

*Increased Mobility & Stability*

*The Natural Form of Strength Training*



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