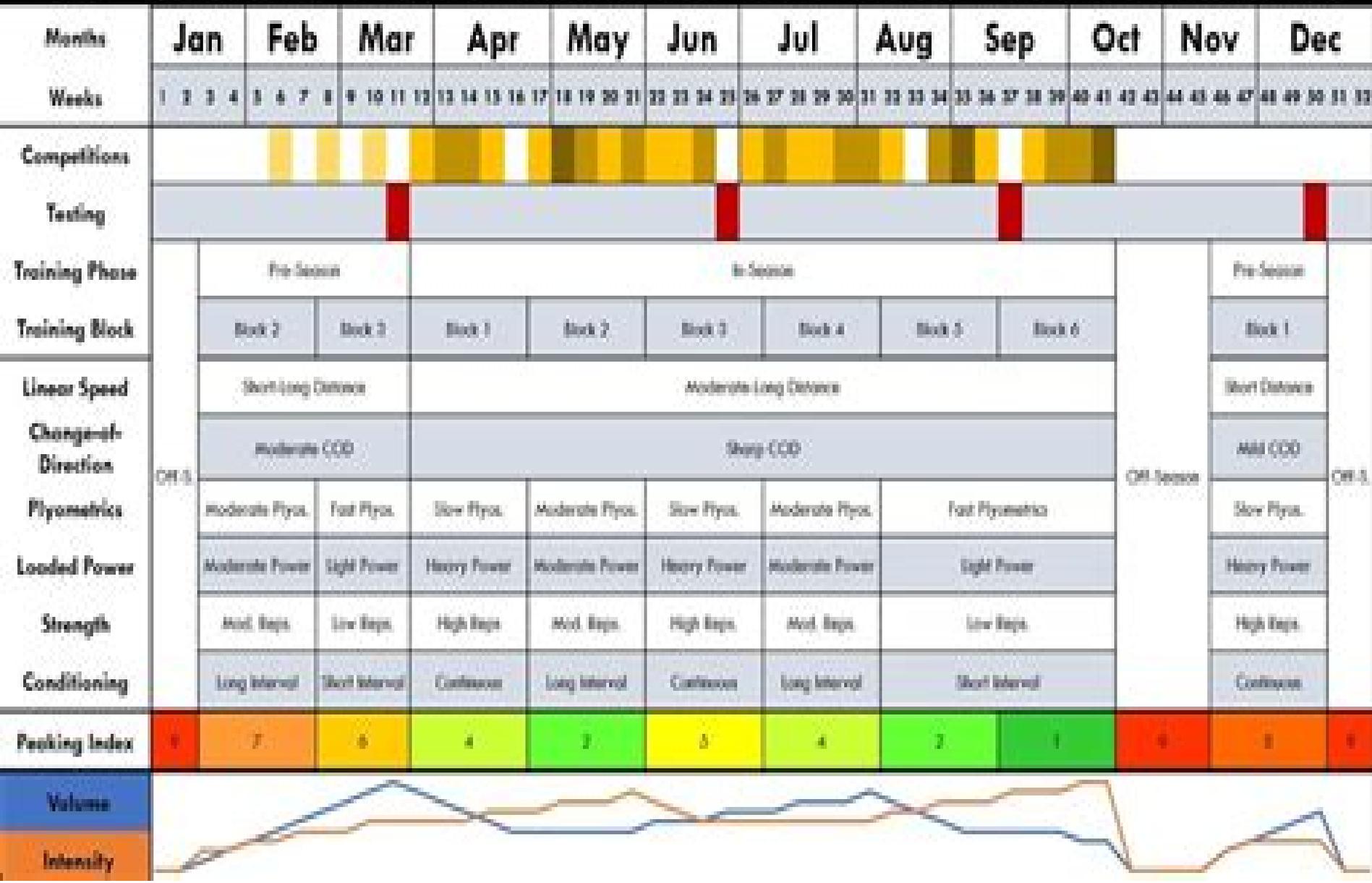


# SOCCER STRENGTH & CONDITIONING



# Complete Conditioning For Soccer

**Mike Jess**



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