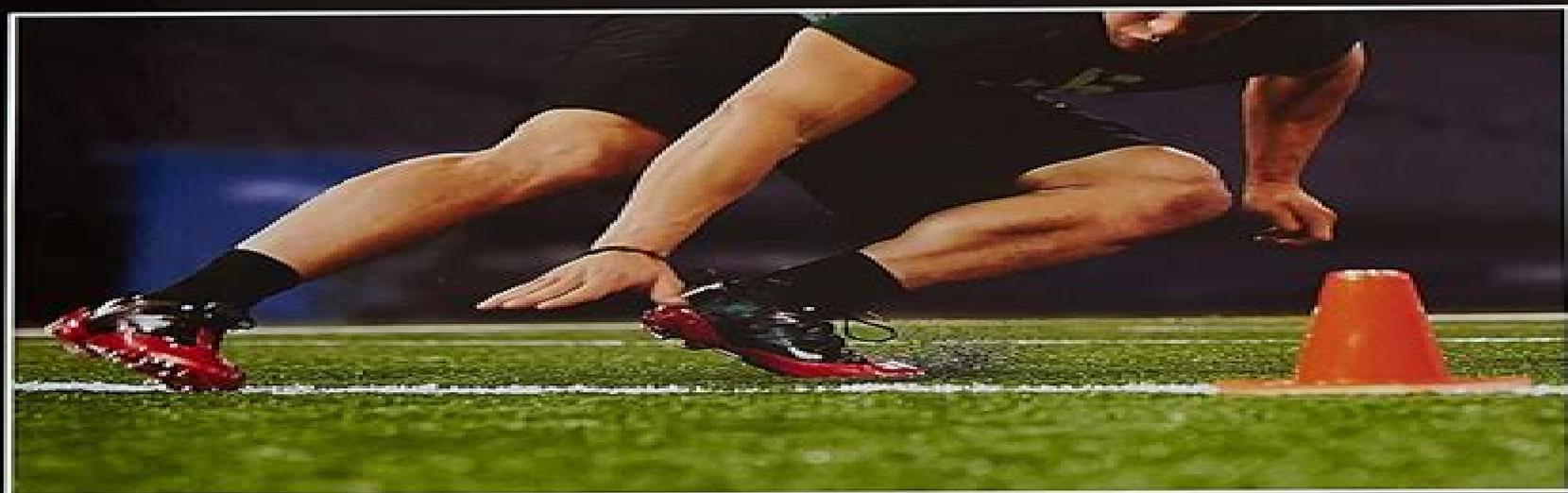


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**NSCA™**

National Strength and Conditioning Association

**Jay Dawes • Mark Roozen**  
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# Developing Agility And Quickness

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