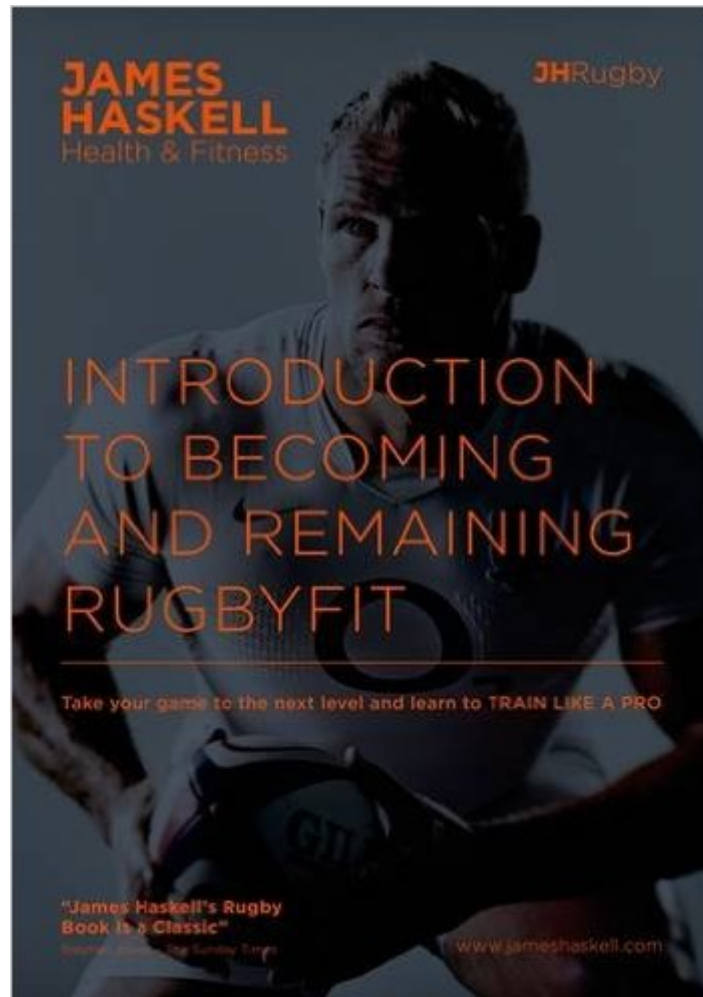


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# Introduction To Becoming And Remaining Rugbyfit



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