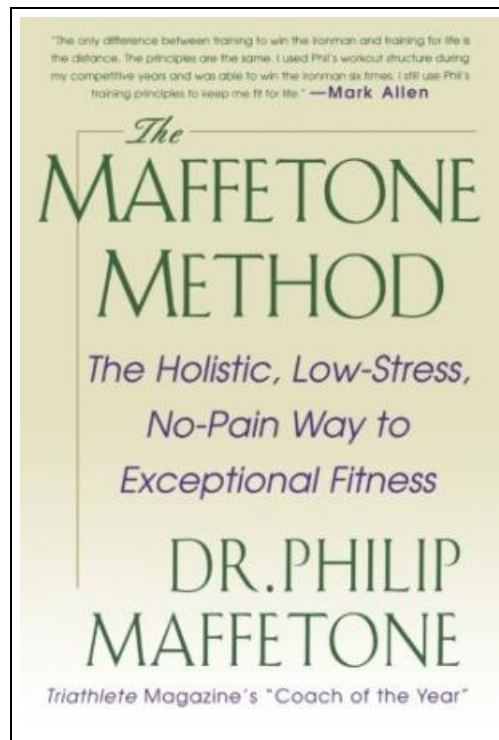


The Maffetone Method: The Holistic, Low-stress, No-pain Way to Exceptional Fitness



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THE MAFFETONE METHOD: THE HOLISTIC, LOW-STRESS, NO-PAIN WAY TO EXCEPTIONAL FITNESS

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