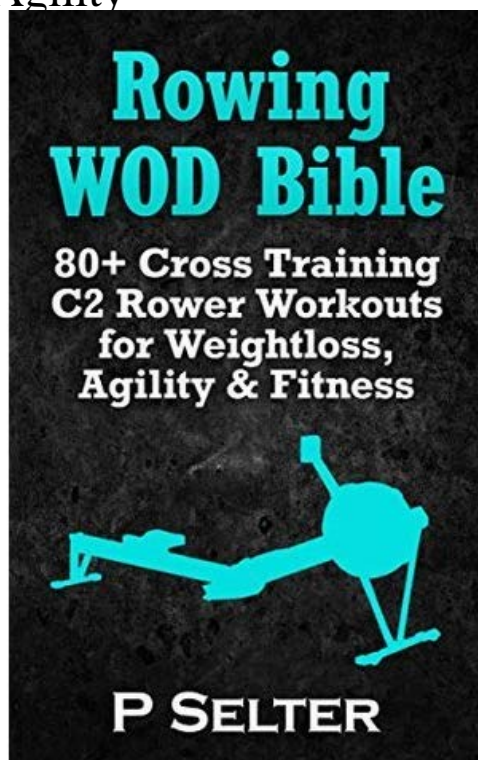


Rowing WOD Bible: 80 Cross Training C2 Rower Workouts for Weight Loss, Agility



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