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GUIDE TO  
FITNESS  
FOR THE  
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ATHLETE



AN EASY AND  
SENSIBLE WAY  
TO GET  
IN SHAPE AND  
STAY IN SHAPE

by GARY ROSENTHAL  
Illustrations by Frank Delle

# Spalding Guide To Fitness For The Weekend Athlete

**JE Gale**



## **Spalding Guide To Fitness For The Weekend Athlete:**

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