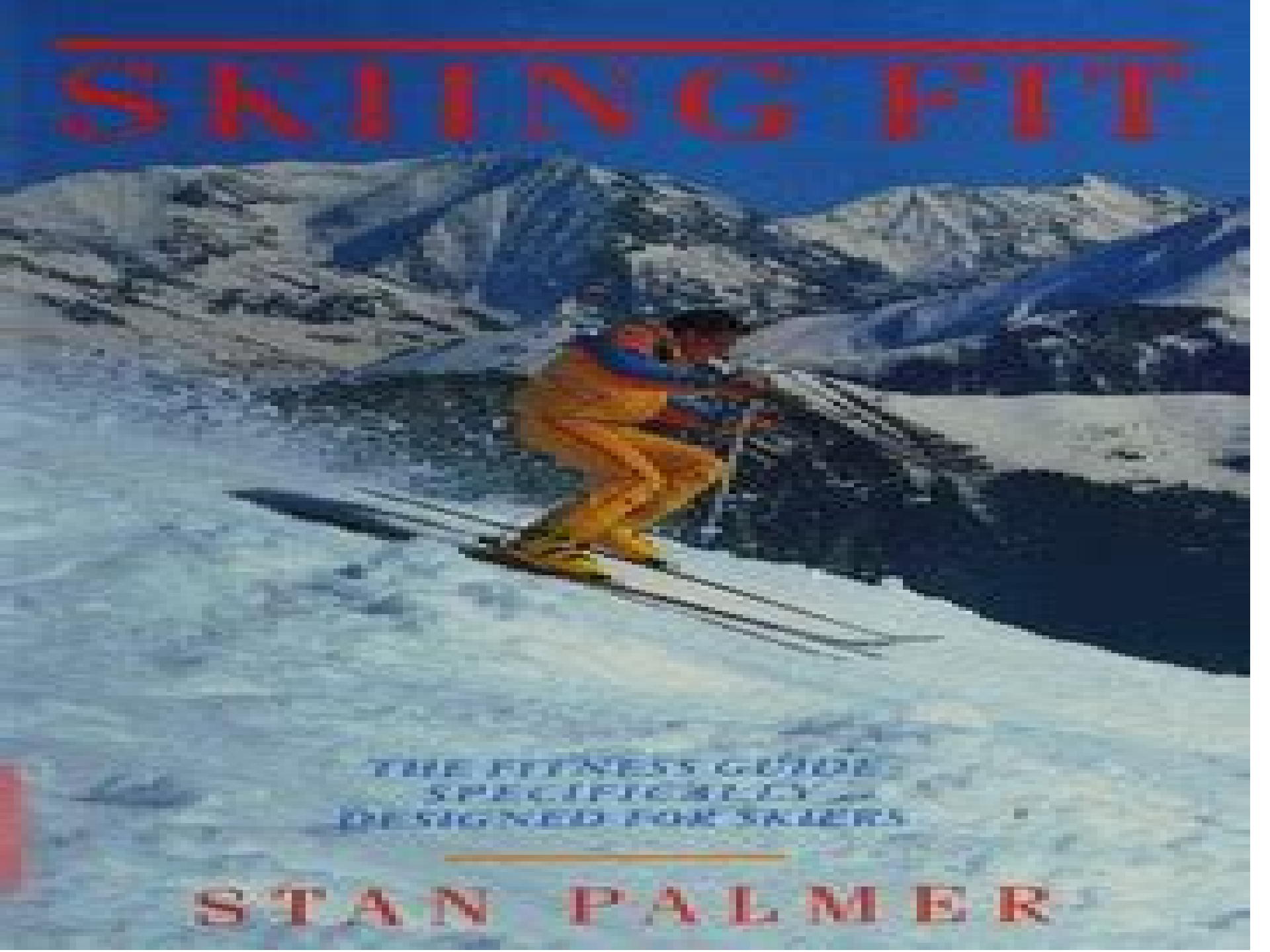


SKIING FIT



THE FITNESS GUIDE
SPECIFICALLY
DESIGNED FOR SKIERS

STAN PALMER

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