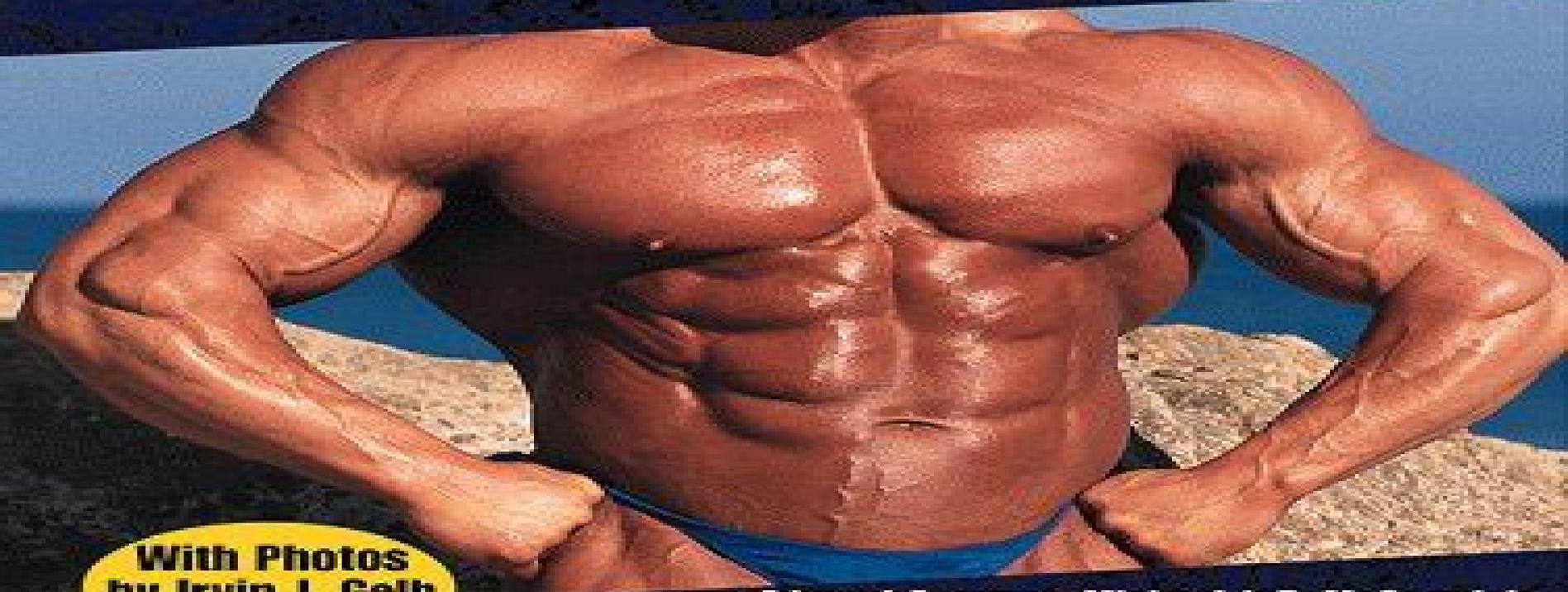


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# **Total** **TORSO** **Training**



**With Photos  
by Irvin J. Gelb**

**Edward Connors, Michael J. B. McCormick,  
Peter Grynkowski, and Tim Kimber**

# Total Torso Training

**Jicheng Xie**



**Total Torso Training:**

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