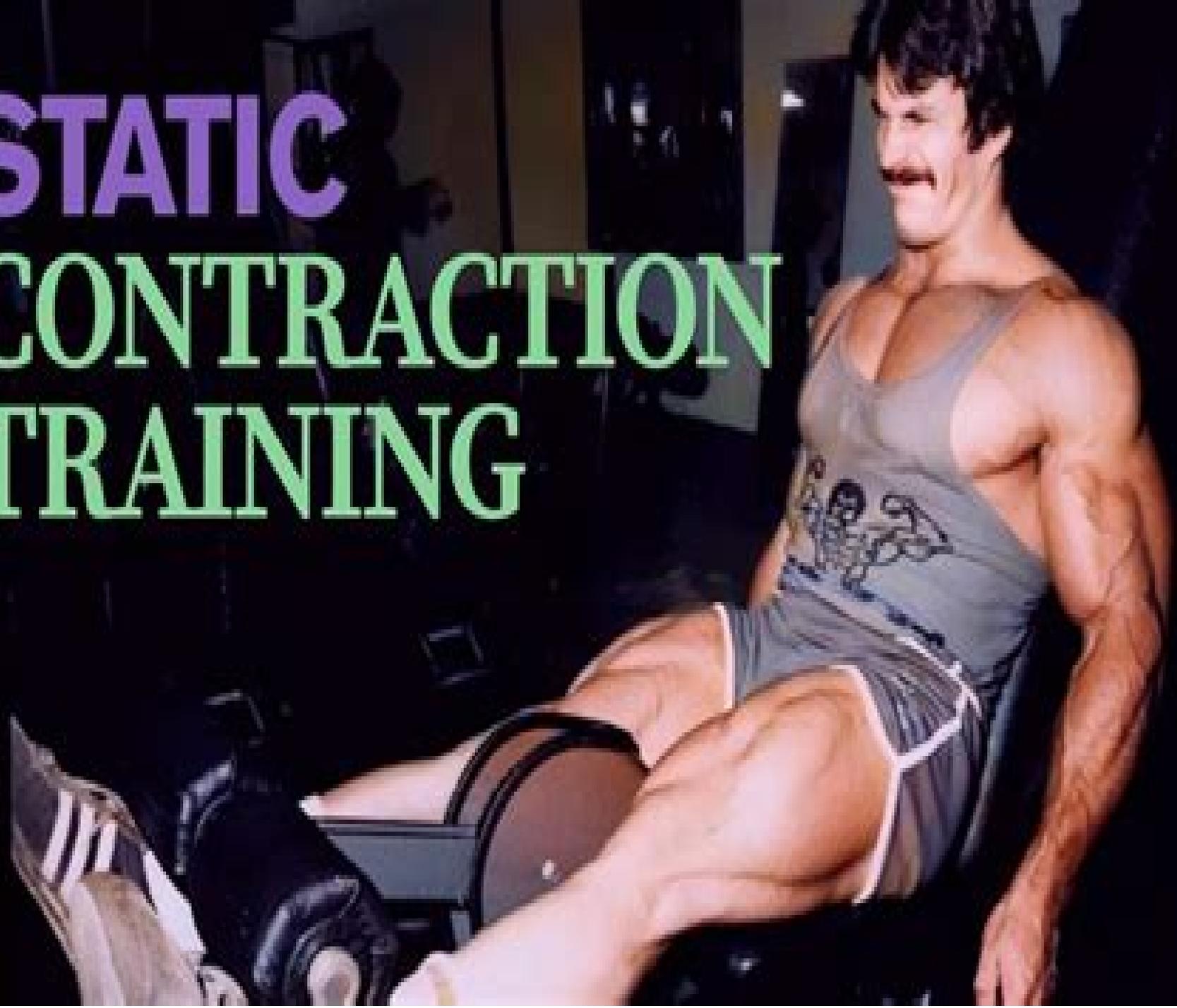


# STATIC CONTRACTION TRAINING



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**F Rizvi**



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