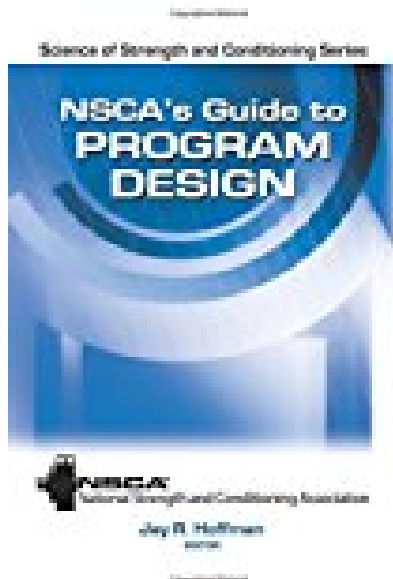


# NSCAs Guide to Program Design Science of Strength and Conditioning

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