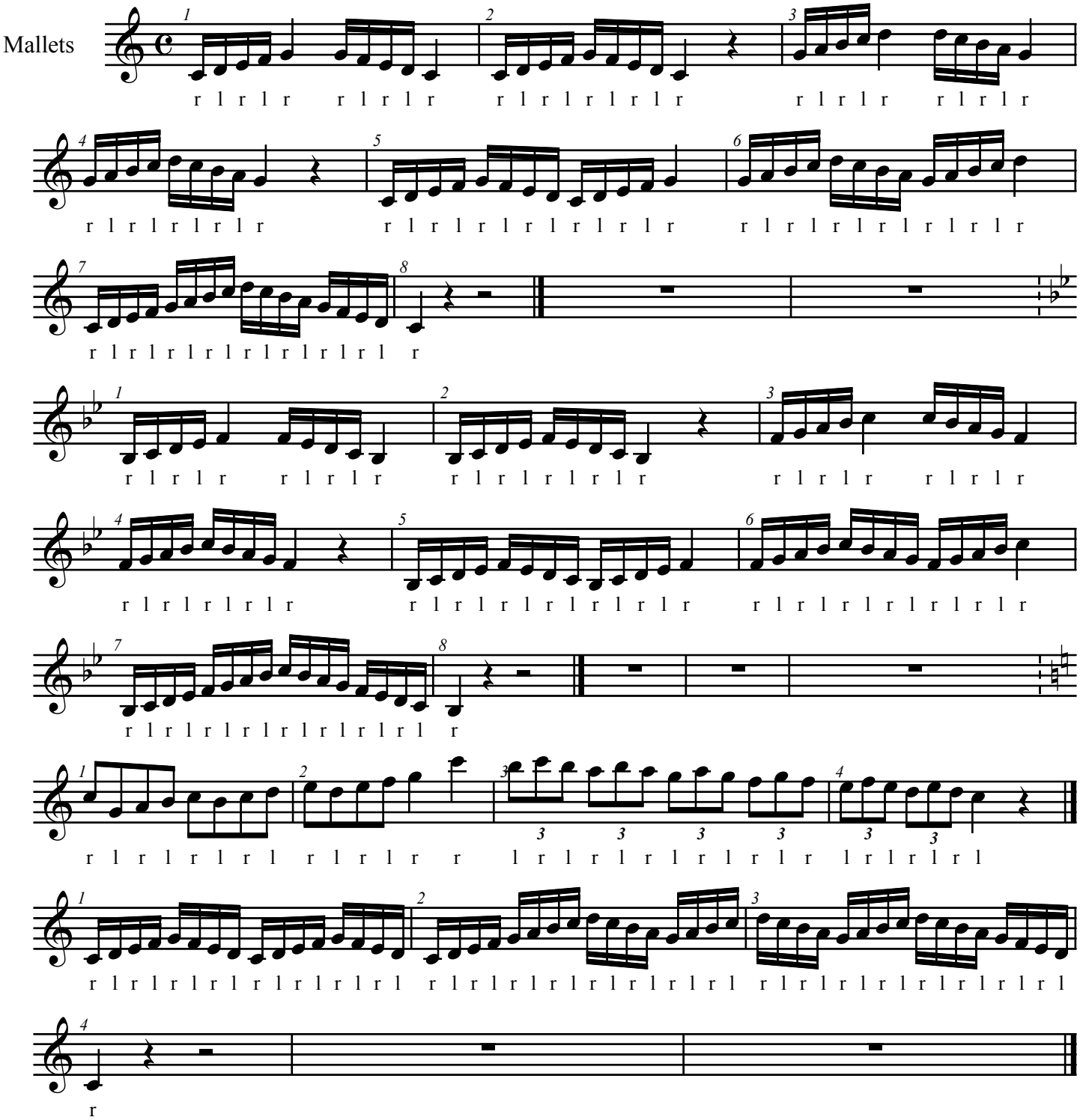
Mallets

Quickstart Workout

Vita

start slow and deliberate



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