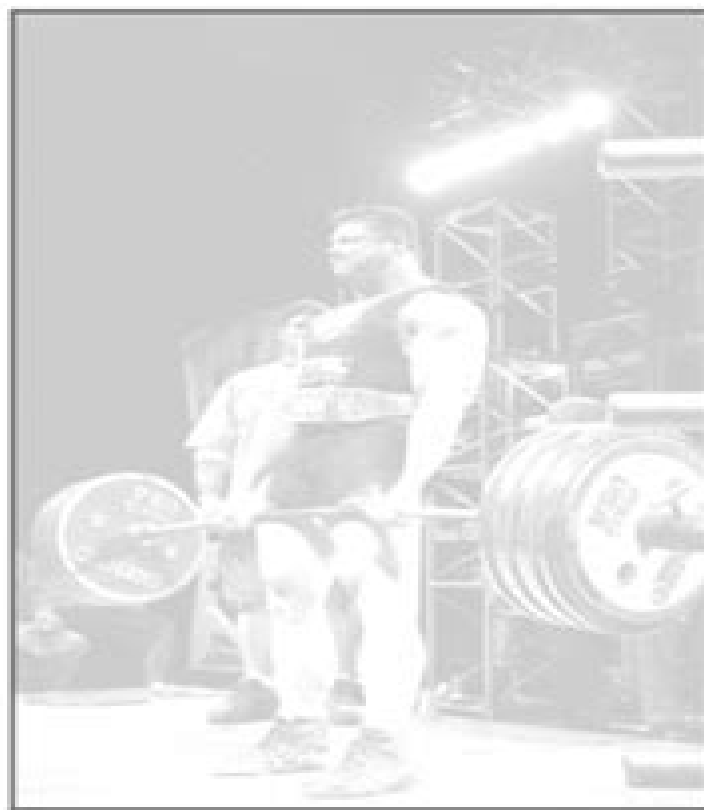


EFS Beginner Training Manual

By Jim Wendler



Elitefts Beginner Training Manual

Jason Shea



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