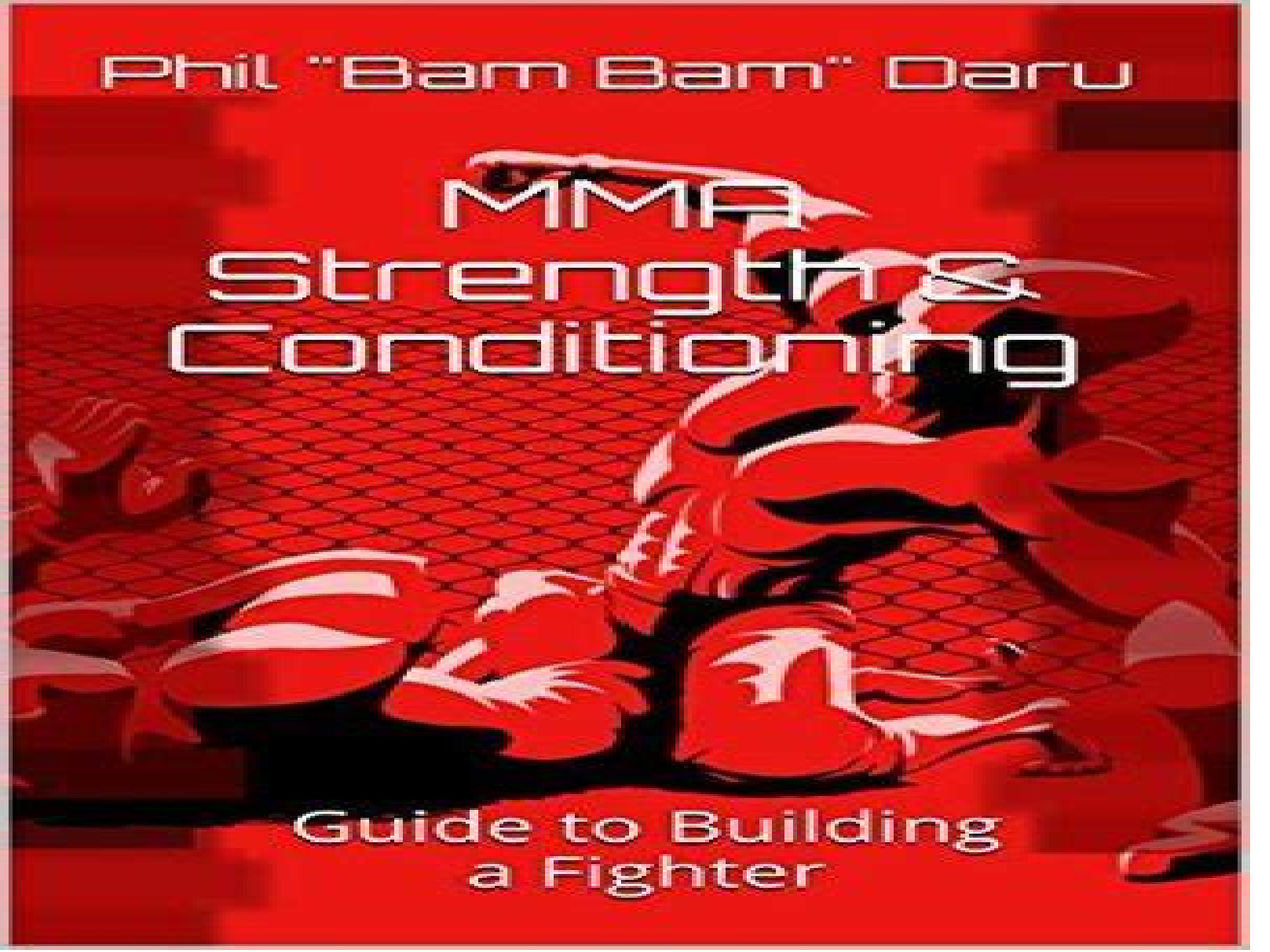


Phil "Bam Bam" Daru

MMA Strength & Conditioning

Guide to Building
a Fighter



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