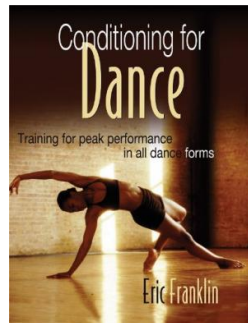


Conditioning for Dance: Training for Peak Performance in All Dance Forms



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