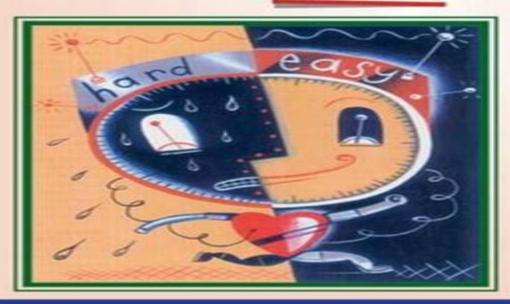
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- Adapt the monitor to your training, not the other way around

John L. Parker, Jr.

Heart Monitor Training For The Compleat Idiot

A Gutmann

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