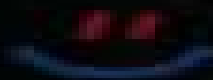
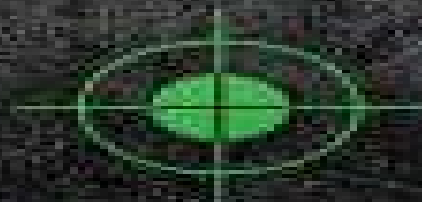


# Wall Ball WOD Bible

**Wall Ball Cross Training  
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Strength, Agility & Coordination  
For Sports, Fitness & Fat Loss**



**P SELTER**

# Wall Ball Wod Bible Coordination

**Tom Craig**

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