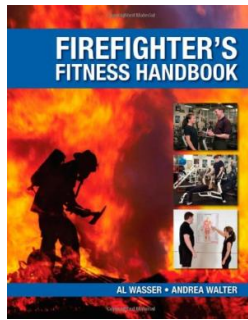


## The Firefighter's Fitness Handbook



### Book Review

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**(Caden Buckridge)**

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