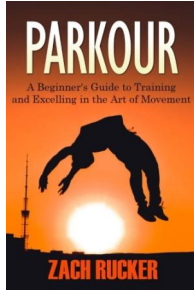


## Parkour: A Beginner's Guide to Training and Excelling in the Art of Movement



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### Book Review

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