

# Fascia Training: A Whole-System Approach to Health and Performance

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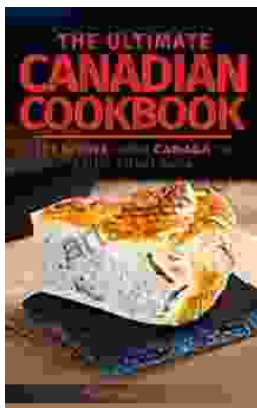


## Fascia Training: A Whole-System Approach

by Johnathon Allen

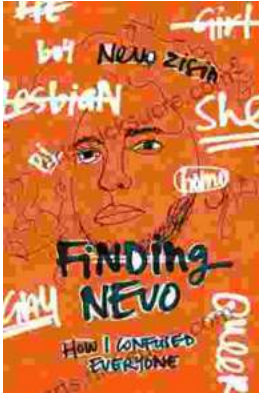
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