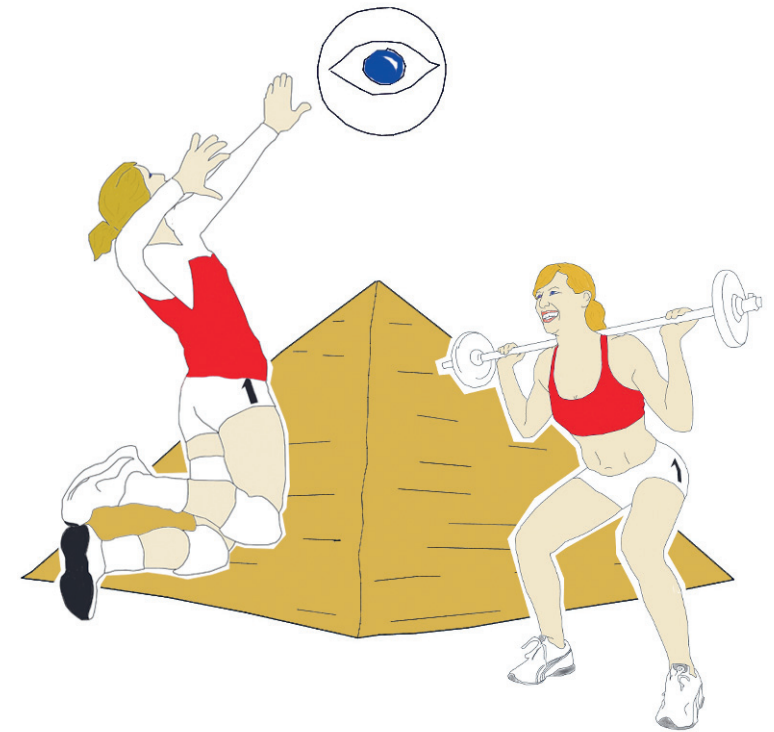


# Strength training for physical performance and injury prevention in sports

Individualised and supervised training  
for female athletes



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