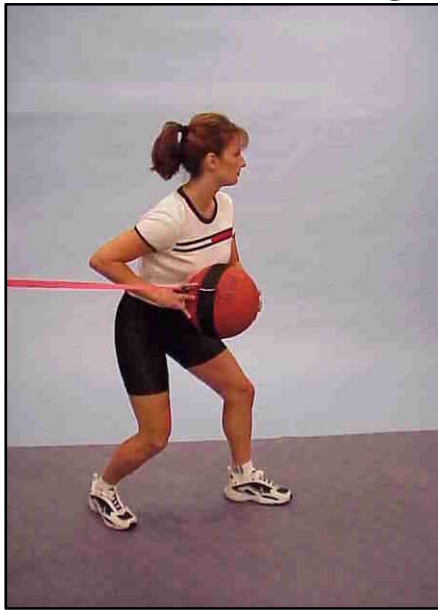
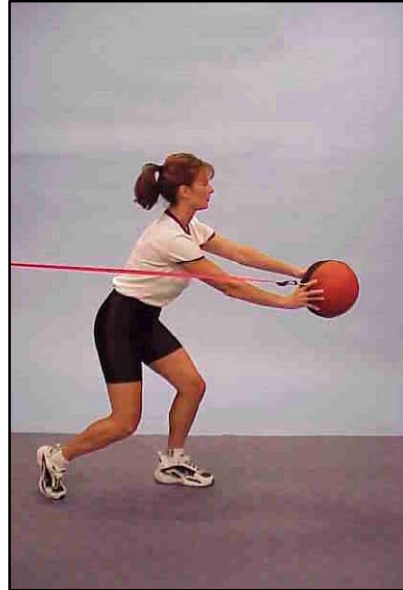


Dura-Band Basketball Resistance Drills and Strengthening Program

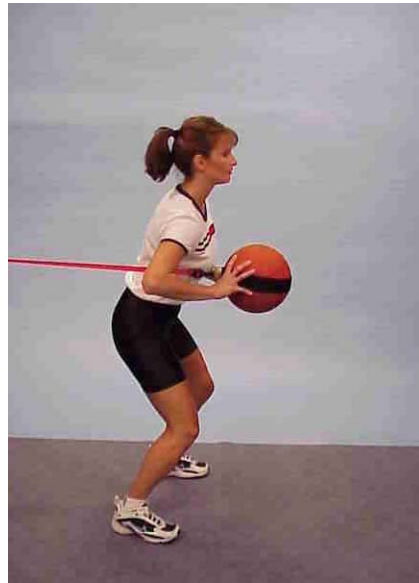
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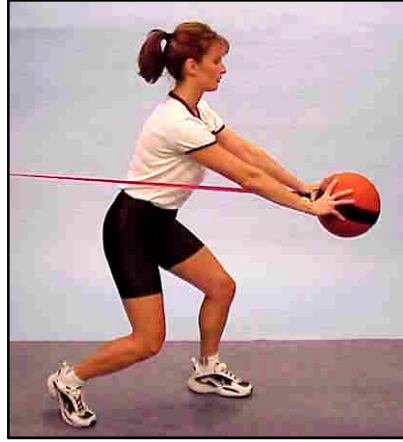


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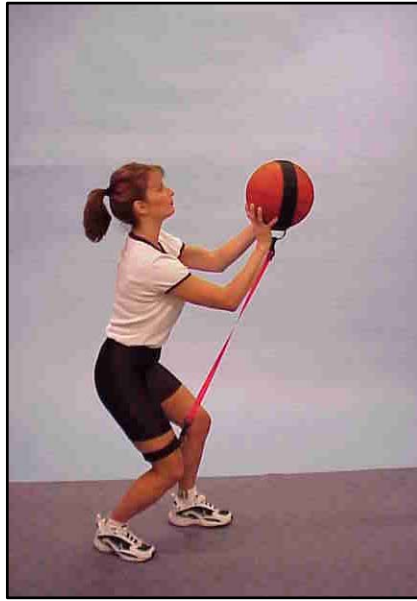


Dura-Band Basketball Resistance Drills and Strengthening Program

4



5



6

