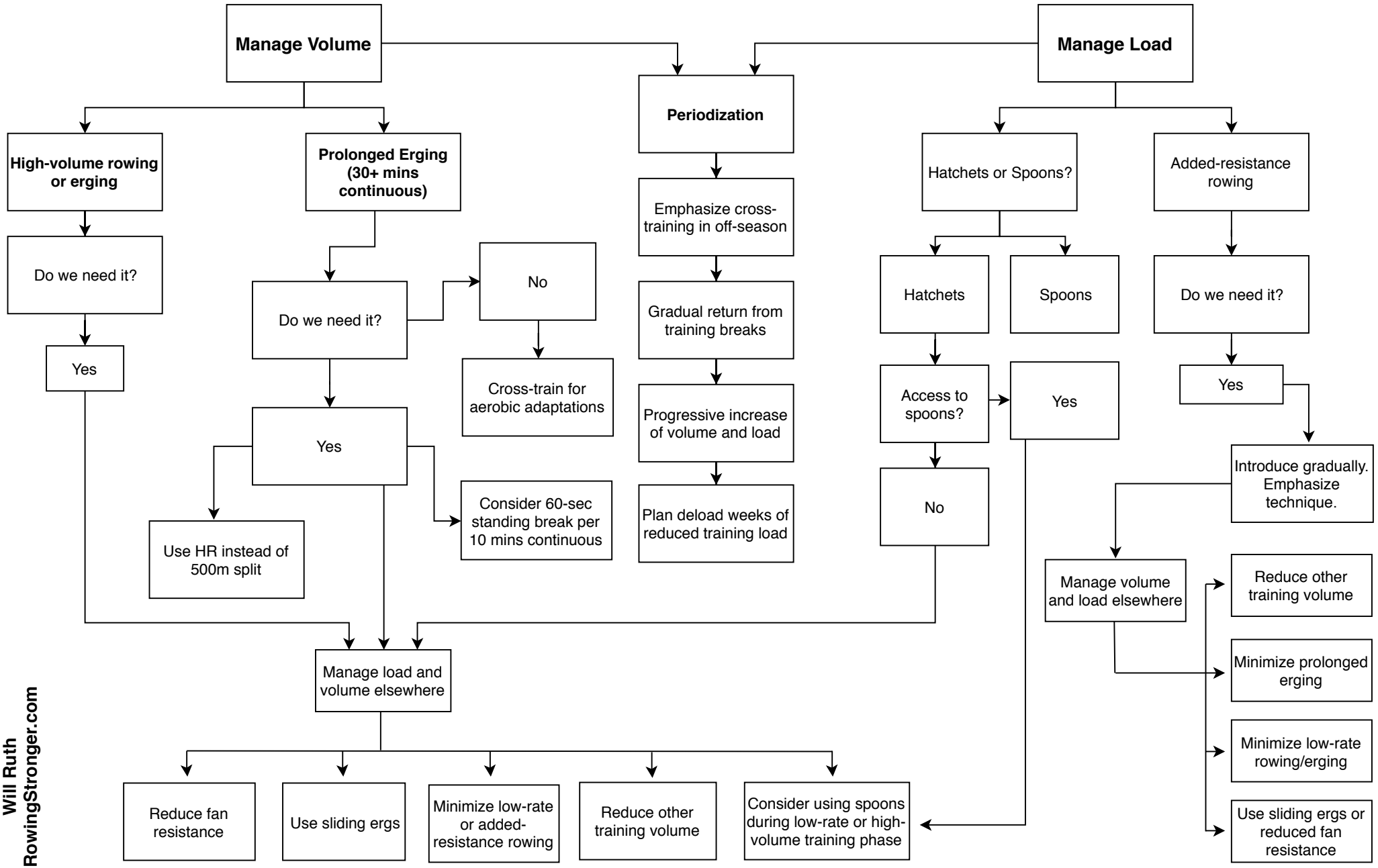
Managing Volume and Load to Reduce Low Back Pain and Rib Stress Injuries in Rowers

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