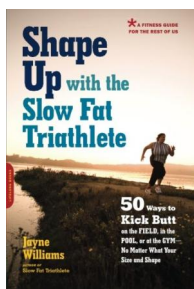


## Shape Up with the Slow Fat Triathlete: 50 Ways to Kick Butt on the Field, in the Pool, or at the Gym--No Matter What Your Size and Shape



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