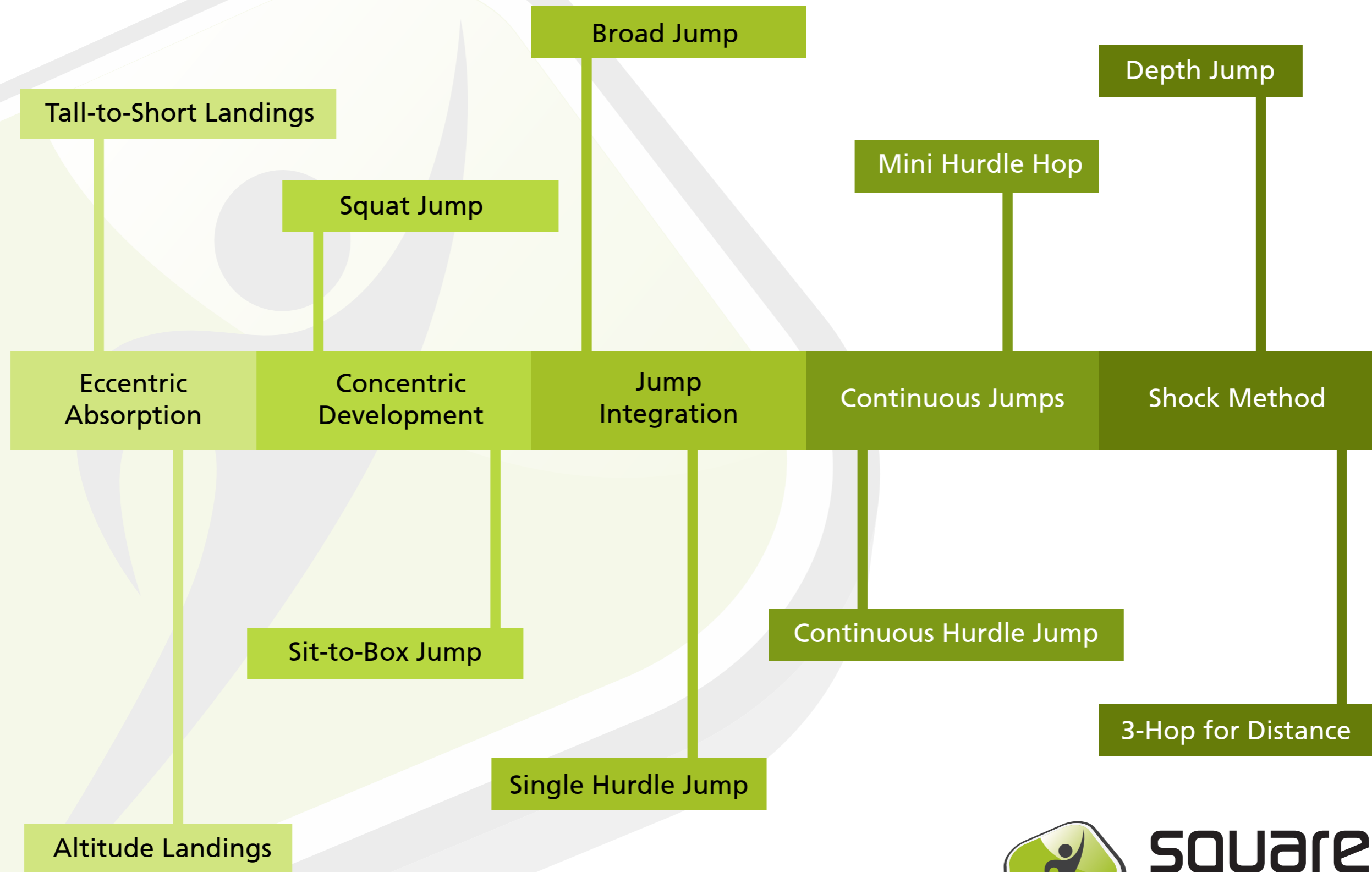


# THE PLYOMETRIC CONTINUUM



ref: L Wilmot



**squareone**

PHYSIO + PILATES + EXERCISE