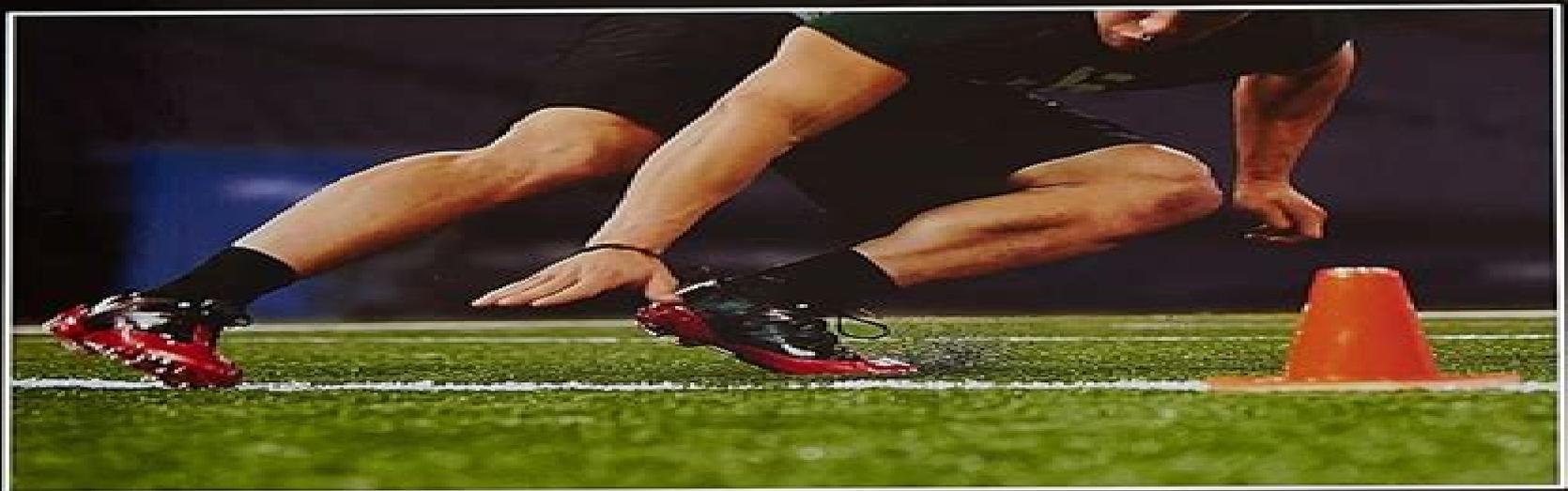


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National Strength and Conditioning Association

**Jay Dawes • Mark Roozen**  
Editors

# Developing Agility And Quickness

**Brown, Lee, Ferrigno, Vance**



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