

HUMAN KINETICS

2026-2027 Product Guide



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Key to Instructor Ancillaries**IG = Instructor guide**

The instructor guide offers tools to help instructors successfully deliver the course. It may include sample course syllabuses, suggested course outlines, reading schedules, and class assignments, as well as key points, key references, case studies, and/or links to online sources.

TP = Test package

The test package provides a wide range of questions designed to assess student understanding of the key concepts in the book. The questions are broken up by chapter, and come in a variety of types, including multiple choice, true-or-false, fill-in-the-blank, and essay.

CQ = Chapter quizzes

The ready-made chapter quizzes allow instructors to check students' understanding of the most important chapter concepts. Each chapter quiz contains 10 true-or-false or multiple-choice questions covering the chapter learning objectives.

PP = Presentation package

These ready-made presentations for every chapter of the book feature slides highlighting the key concepts, including images and video clips.

IB = Image bank

Usually includes all or most of the figures, content photos, tables, and diagrams contained in the text, sorted by chapter.

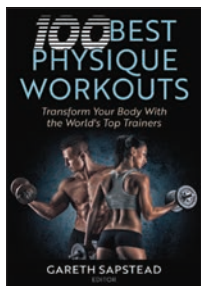
IV = Instructor videos

Some texts have accompanying content-specific video clips organized by chapter for easy access.

Prices subject to change.

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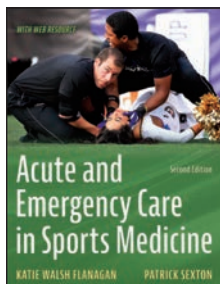
NEW RELEASES



100 Best Physique Workouts: Transform Your Body With the World's Top Trainers

Gareth Sapsead
2027 • Paperback • 360 pp • 7x10
ISBN 9781718238329 • \$32.95

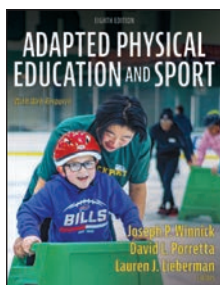
Compiles the favorite workouts of some of the most well-known names in fitness into a one-of-a-kind resource that allows you to break plateaus, stay motivated, and achieve lasting results.



Acute and Emergency Care in Sports Medicine, Second Edition

Katie Walsh Flanagan, EdD, LAT, ATC;
Patrick Sexton, EdD, LAT, ATC
October 2026 • Paperback •
Approx. 488 pp • 8.5x11
ISBN 9781718235649 • \$119.00

Teaches future health care professionals how to triage injuries based on severity, make immediate life- or limb-saving decisions, and provide immediate emergency care.



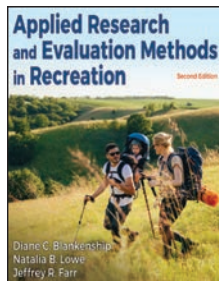
Updated throughout, it reflects current research, IDEA standards, and inclusive instructional practices.

Adapted Physical Education and Sport, Eighth Edition

Joseph P. Winnick, EdD; David L. Porretta, PhD;
Lauren J. Lieberman, PhD
October 2026 • Paperback • Approx. 712 pp • 8.5x11
ISBN 9781718240971 • \$139.00

Provides comprehensive, evidence-based guidance to implement top-quality physical education and sport programs for people with disabilities.

Ancillaries: IG • TP • CQ • PP

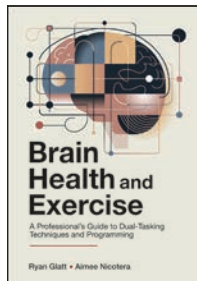


Applied Research and Evaluation Methods in Recreation, Second Edition

Diane C. Blankenship, EdD; Natalia B. Lowe, PhD;
Jeffrey R. Farr, PhD
2027 • Paperback • 216 pp • 8.5x11
ISBN 9781718222885 • \$119.00

Aims to equip future recreation professionals with the skills to face the demands of research and evaluation in their chosen area.

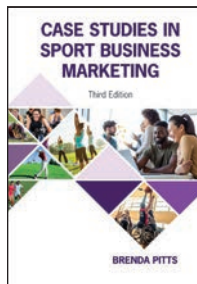
Ancillaries: IG • TP • CQ • PP



Brain Health and Exercise

Ryan Glatt, MSc, CPT, MES; Aimee Nicotera, MS
2027 • Paperback • 288 pp • 7x10
ISBN 9781718231511 • \$34.95

The resource you need to understand the science behind brain health and provide quality dual-task training for your clients.

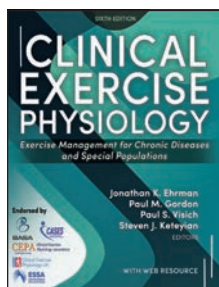


Case Studies in Sport Business Marketing, Third Edition

Brenda G. Pitts, PhD, Editor
2022 • Paperback • 250 pp • 7x10
ISBN 9781940067711 • \$60.00

Brings together a diverse and global collection of 35 scholars to analyze contemporary case studies that demonstrate applications of marketing techniques in the sport industry.

Ancillaries: IG

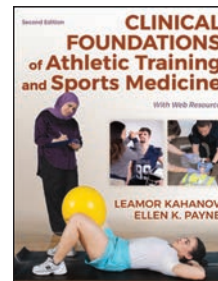


Clinical Exercise Physiology: Exercise Management for Chronic Diseases and Special Populations, Sixth Edition

Jonathan K. Ehrman, PhD; Paul M. Gordon, PhD, MPH;
Paul S. Visich, PhD, MPH; Steven J. Keteyian, PhD, Editors
October 2026 • Paperback • 656 pp • 8.5x11
ISBN 9781718239548 • \$139.00

Covering 32 chronic diseases and conditions, it is the go-to book for students preparing for clinical exercise certifications, including the ACSM-CEP.

Ancillaries: TP • CQ • PP • IB



Clinical Foundations of Athletic Training and Sports Medicine, Second Edition

Leamor Kahanov, EdD, ATC, LAT;
Ellen K. Payne, PhD, LAT, ATC, EMT
November 2026 • Paperback •
Approx. 624 pp • 8.5x11
ISBN 9781718243897 • \$139.00

Builds upon an undergraduate understanding of health and exercise sciences to instill an evidence-based, graduate-level knowledge of best practices in athletic training and health care.

Ancillaries: IG • TP • CQ • PP • IB



Coaching Flag Football

Joshua Saunders; Matt Hernandez
November 2026 • Paperback •
Approx. 288 pp • 8.5x11
ISBN 9781718244870 • \$27.95

Authored by two of the nation's premier coaches in the sport, *Coaching Flag Football* is the comprehensive guide to establishing a successful program and fielding a winning team.

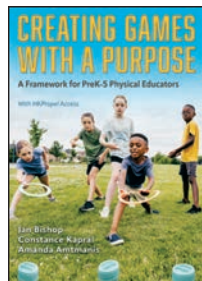


Contemporary Leadership in Sport Organizations, Third Edition

David Scott, EdD; Mark LaSota, PhD, MBA
October 2026 • Paperback • 288 pp • 8.5x11
ISBN 9781718242968 • \$119.00

Equips sport management students with leadership skills to succeed in today's complex, fast-changing sport industry.

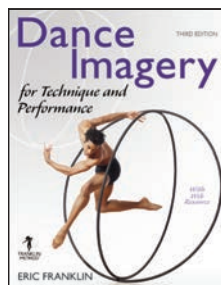
Ancillaries: IG • TP • CQ • PP



Provides preK-5 physical educators and PETE students with a framework for designing student-centered games that match the motor skills of diverse groups of children and meet their social and emotional needs.

Creating Games With a Purpose: A Framework for PreK-5 Physical Educators

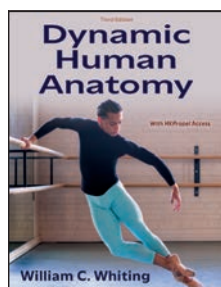
Jan Bishop, EdD, NASML; Constance Kapral, MS; Amanda Amtmanis, MA
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ISBN 9781718236028 • \$49.00



Deepens readers' understanding of how to implement imagery in their dances, improving their skill and artistic expression.

Dance Imagery for Technique and Performance, Third Edition

Eric Franklin
October 2026 • Paperback •
Approx. 392 pp • 8.5x11
ISBN 9781718238107 • \$49.95

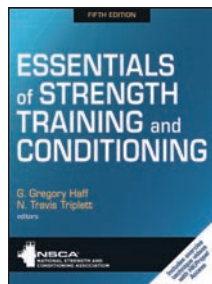


Connects body structures and biomechanical principles to explain fundamental movements and movement patterns.

Dynamic Human Anatomy, Third Edition

William C. Whiting, PhD
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ISBN 9781718235755 • \$119.00

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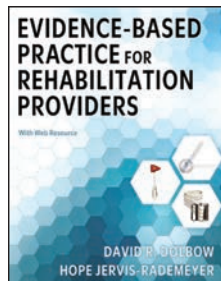


This key preparation resource explains key theories, concepts, and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance.

Essentials of Strength Training and Conditioning, Fifth Edition

National Strength and Conditioning Association
G. Gregory Haff, PhD; N. Travis Triplett, PhD, Editors
2027 • Hardback • 864 pp • 8.5x11
ISBN 9781718216273 • \$119.00

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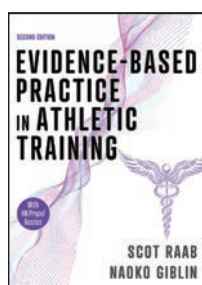


Helps rehabilitation providers to locate, appraise, and integrate the best scientific evidence into practice with their clinical expertise.

Evidence-Based Practice for Rehabilitation Providers

David R. Dolbow; Hope Jervis-Rademeyer
November 2026 • Paperback •
Approx. 232 pp • 8.5x11
ISBN 9781718232365 • \$109.00

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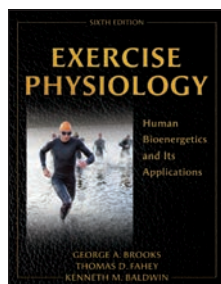


Empowers students to make data-supported decisions about patients and provides future clinicians with the tools to challenge current practices ethically using data and methodology free of bias.

Evidence-Based Practice in Athletic Training, Second Edition

Scot Raab, PhD; Naoko Giblin, PhD, LAT, ATC
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ISBN 9781718238565 • \$89.00

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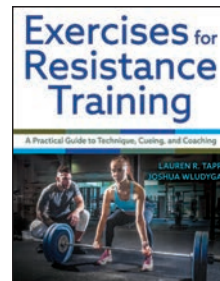


Helps advanced students in exercise physiology explore the capabilities and limits of human physical function.

Exercise Physiology: Human Bioenergetics and Its Applications, Sixth Edition

George A. Brooks, PhD; Thomas D. Fahey, EdD; Kenneth M. Baldwin, PhD
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ISBN 9781718235823 • \$160.00

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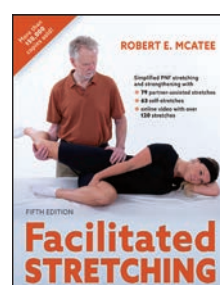


Introduces the applications, advantages, and disadvantages of a wide range of resistance training exercises and equipment available in a variety of settings.

Exercises for Resistance Training: A Practical Guide to Technique, Cueing, and Coaching

Lauren R Tapp, PhD, CSCS, EP-C; Joshua Wludyga, DSc, CSCS,*D
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ISBN 9781718239890 • \$54.00

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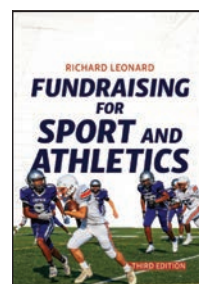


The most trusted resource for proprioceptive neuromuscular facilitation (PNF) stretching.

Facilitated Stretching, Fifth Edition

Robert E. McAtee, LMT, BCTMB
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ISBN 9781718243637 • \$44.00

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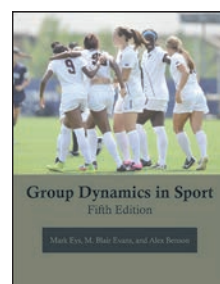


Offers advanced strategies, updated fundraising program examples, and additional scholarly support of the administrative concepts.

Fundraising for Sport and Athletics, Third Edition

Richard Leonard, PhD
2022 • Paperback • 618 pp • 7x10
ISBN 9781940067650 • \$90.00

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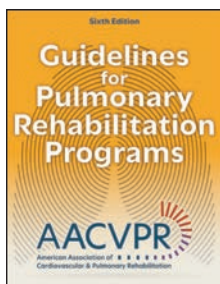


Provides readers with the most current theories of group dynamics in sport teams as well as practical application.

Group Dynamics in Sport, Fifth Edition

Mark Eys, PhD; M. Blair Evans, PhD; Alex Benson, PhD
2020 • Paperback • 430 pp • 7x10
ISBN 9781940067520 • \$68.00

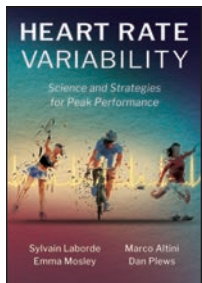
Ancillaries: PP



Offers the best practices for patient care and serves as the must-have resource for programs to prepare for the AACVPR pulmonary rehabilitation program certification.

Guidelines for Pulmonary Rehabilitation Programs, Sixth Edition

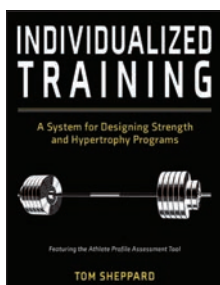
American Association of Cardiovascular and Pulmonary Rehabilitation
September 2026 • Paperback • 288 pp • 8.5x11
ISBN 9781718231573 • \$99.00



Introduces the fundamentals of HRV and provides practical guidance on how to measure and interpret data, optimize training, prevent injuries, manage stress, and improve overall health.

Heart Rate Variability

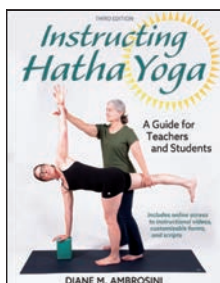
Sylvain Laborde, PhD; Marco Altini, PhD, MSc; Emma Mosley, PhD; Dan Plews, PhD
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ISBN 9781718236097 • \$39.95



Simplifies program design and provides an assessment protocol to create an athlete profile to use throughout the process.

Individualized Training

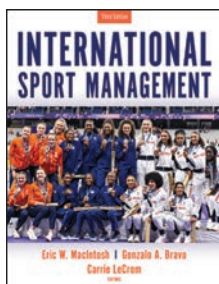
Tom Sheppard
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Covers all aspects of confident and sound hatha yoga instruction so teachers can effectively guide students through poses.

Instructing Hatha Yoga, Third Edition

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ISBN 9781718241152 • \$34.95

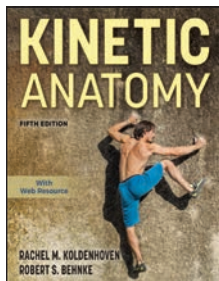


Serves as an invaluable guide for students whose careers will require an international understanding of the relationships, influences, and responsibilities in sport management.

International Sport Management, Third Edition

Eric W. MacIntosh, PhD; Gonzalo A. Bravo, PhD; Carrie LeCrom, PhD
2027 • Paperback • 512 pp • 8.5x11
ISBN 9781718227958 • \$129.00

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With nearly 400 full-color anatomical illustrations, *Kinetic Anatomy, Fifth Edition*, introduces musculoskeletal anatomy by systematically assembling each component of the human body.

Kinetic Anatomy, Fifth Edition

Rachel M. Koldenhoven, PhD, ATC; Robert S. Behnke, HSD
2027 • Paperback • 312 pp • 8.5x11
ISBN 9781718241237 • \$124.00

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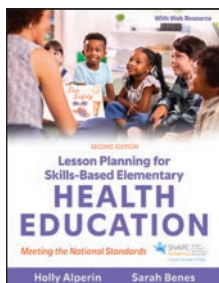


Introduces students to the power of leisure services in enhancing the health and well-being of individuals and the community.

Leisure Program Planning and Delivery, Second Edition

Amy R. Hurd, PhD, CPRE; Denise M. Anderson, PhD
2027 • Paperback • 280 pp • 8.5x11
ISBN 9781492588566 • \$99.00

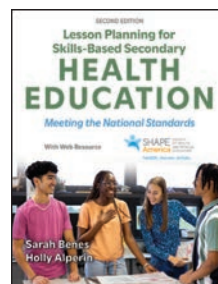
Ancillaries: IG • TP • CQ • PP



A practical resource for elementary health educators, with 70 new lessons that incorporate the 2024 SHAPE America National Health Education Standards.

Lesson Planning for Skills-Based Elementary Health Education, Second Edition

Holly Alperin, EdM, MCHES; Sarah Benes, EdD, MPH, CHES
2027 • Paperback • 384 pp • 8.5x11
ISBN 9781718240155 • \$69.00



Offers effective learning activities organized around new units and 70 new lessons that incorporate the 2024 SHAPE America National Health Education Standards.

Lesson Planning for Skills-Based Secondary Health Education, Second Edition

Sarah Benes, EdD, CHES; Holly Alperin, EdM, MCHES
2027 • Paperback • 384 pp • 8.5x11
ISBN 9781718235465 • \$69.00



Promotes health literacy and healthy living skills for high school students.

Live Well Comprehensive High School Health, Second Edition

Karen E. McConnell, PhD; Terri D. Farrar, PhD
2027 • Hardback • 744 pp • 8.5x11
ISBN 9781718238831 • Contact us for pricing



Develop middle school students' abilities to pursue healthy outcomes.

Live Well Comprehensive Middle School Health, Second Edition

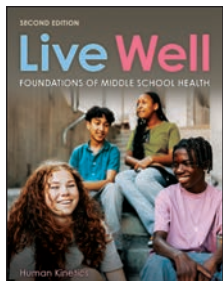
Karen E. McConnell, PhD; Terri D. Farrar, PhD
August 2026 • Hardback • 720 pp • 8.5x11
ISBN 9781718236448 • Contact us for pricing



Help high school students learn and apply the fundamentals of health and wellness.

Live Well Foundations of High School Health, Second Edition

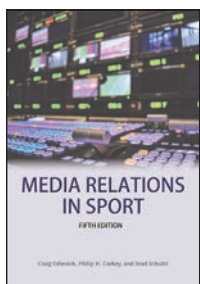
Human Kinetics
2027 • Hardback • 736 pp • 8.5x11
ISBN 9781718239012 • Contact us for pricing



Skill-focused learning applications for a practical look at health and wellness.

Live Well Foundations of Middle School Health, Second Edition

Human Kinetics
2027 • Hardback • 720 pp • 8.5x11
ISBN 9781718236707 • Contact us for pricing



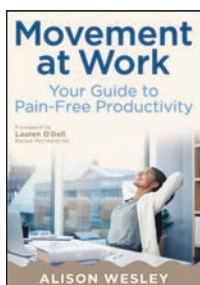
Explores how emerging technologies, platforms, and trends intersect with core communications principles to equip students and industry professionals to navigate and succeed in a

competitive sport communication landscape.

Media Relations in Sport, Fifth Edition

Craig Esherrick, JD; Philip H. Caskey, MS;
Brad Schultz, PhD
2020 • Paperback • 300 pp • 7x10
ISBN 9781940067360 • \$75.00

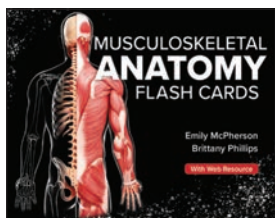
Ancillaries: TP • PP



Ease pain, alleviate stiffness, and build strength without leaving your office.

Movement at Work: Your Guide to Pain-Free Productivity

Alison Wesley
December 2026 • Paperback •
Approx. 240 pp • 7x10
ISBN 9781718252080 • \$26.95



Provides a comprehensive, accessible method to study anatomy. Cards are separated into

tabbed sections to better structure the user's learning. The cards are also available as interactive online versions to increase retention.

Musculoskeletal Anatomy Flash Cards

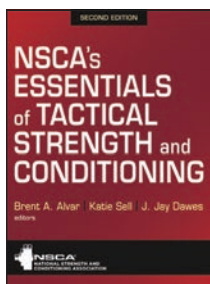
Emily McPherson, DPT; Brittany Phillips, DPT
October 2026 • Double-Sided Flash cards • 252 cards
ISBN 9781718245723 • \$38.00



New Functional Training for Sports, Third Edition

Michael Boyle
2027 • Paperback • 296 pp • 8.5x11
ISBN 9781718244573 • \$29.95

Offers the latest concepts, methods, exercises, and programs that maximize athlete performance in competition.

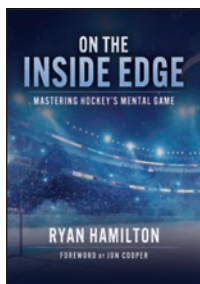


The most comprehensive strength and conditioning resource for practitioners who work with tactical athletes—law enforcement, fire and rescue personnel, conventional military forces, and special teams.

NSCA's Essentials of Tactical Strength and Conditioning, Second Edition

National Strength and Conditioning Association
Brent A. Alvar, PhD, CSCS,*D, TSAC-F,*D, FNSCA;
Katie Sell, PhD, CSCS,*D, TSAC-F,*D, FNSCA;
J. Jay Dawes, PhD, CSCS, NSCA-CPT, TSAC-F, FNSCA, Editors
2027 • Hardback • 624 pp • 8.5x11
ISBN 9781718234819 • \$119.00

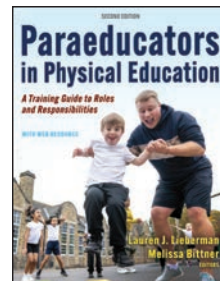
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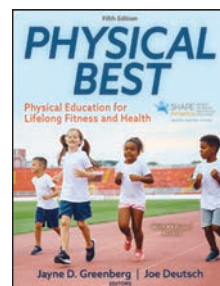
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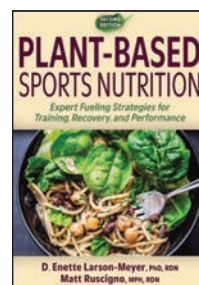


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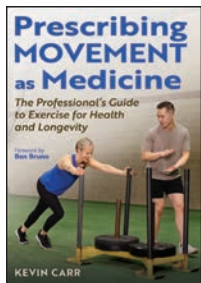


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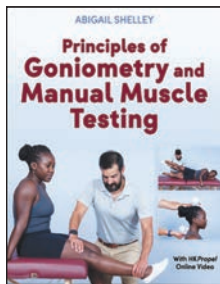


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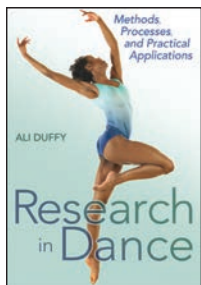
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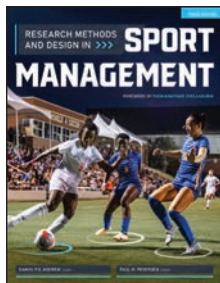


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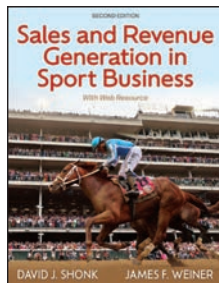
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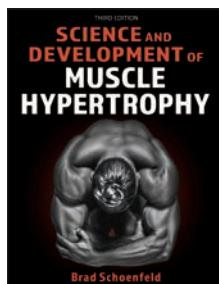


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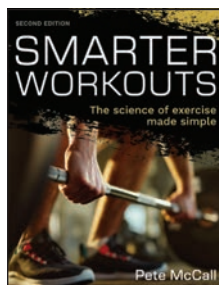


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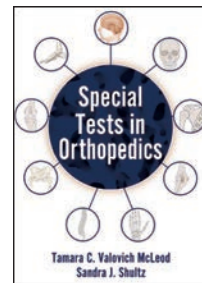
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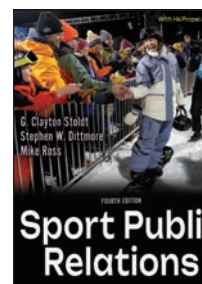


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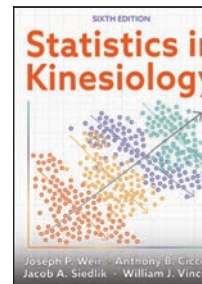


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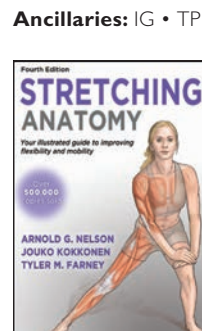


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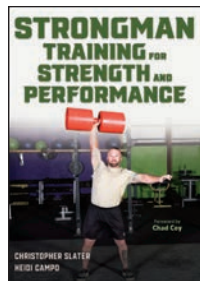


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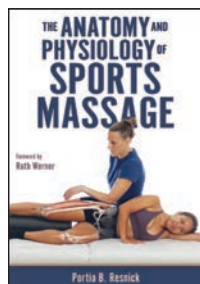
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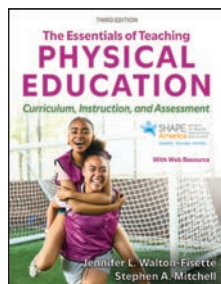
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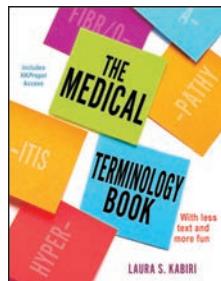
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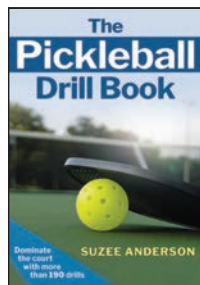


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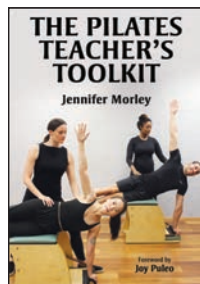
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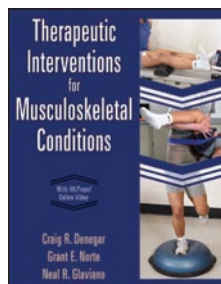
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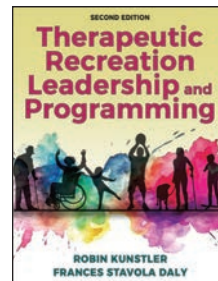


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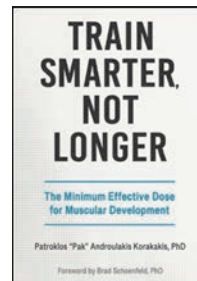


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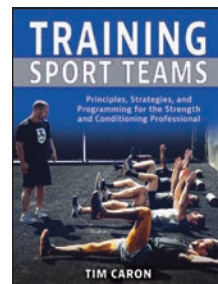
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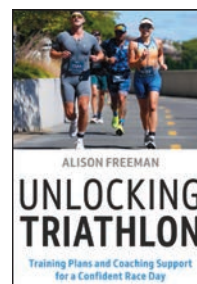
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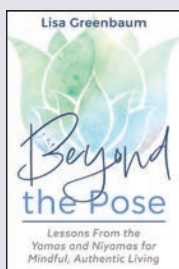


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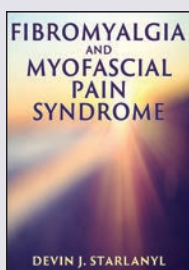
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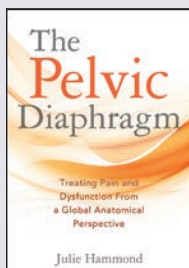
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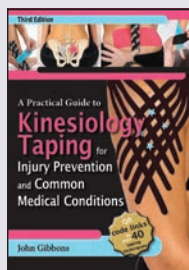
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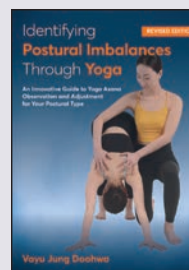
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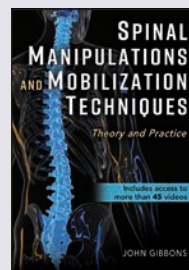
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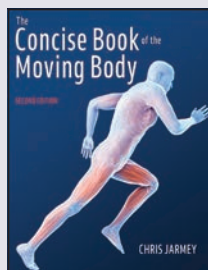
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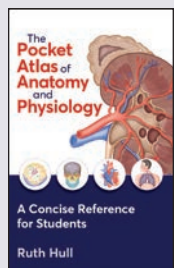
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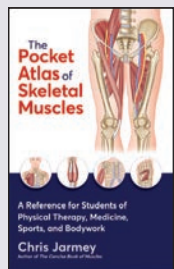
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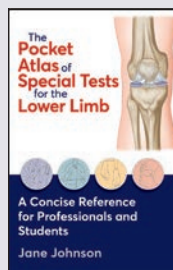
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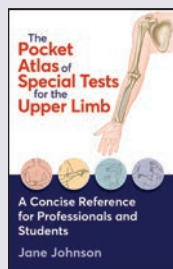
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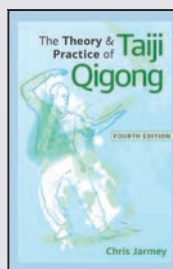
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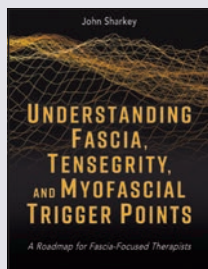
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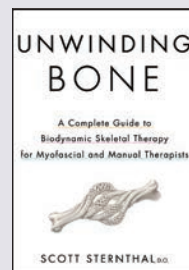
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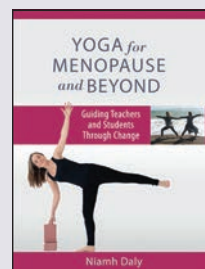
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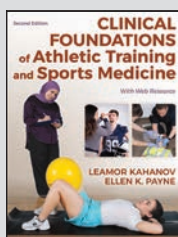
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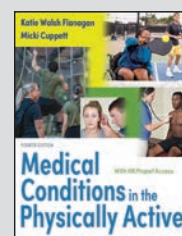
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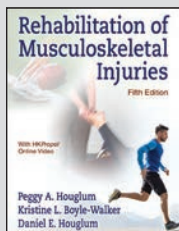
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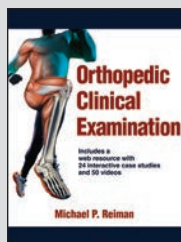
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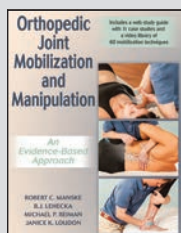
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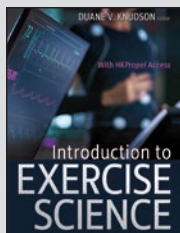
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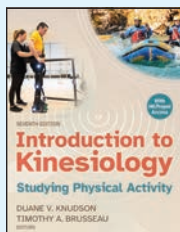


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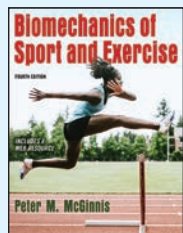
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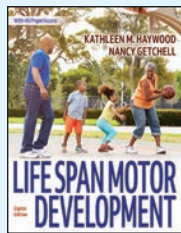
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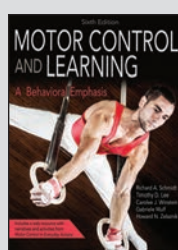
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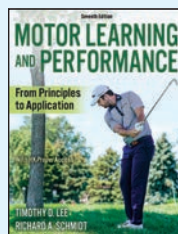
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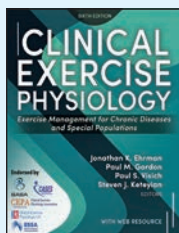
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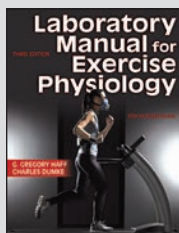
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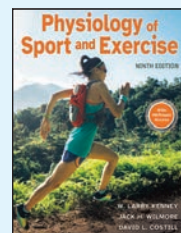
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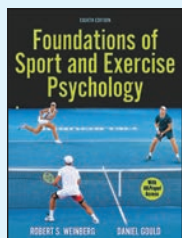
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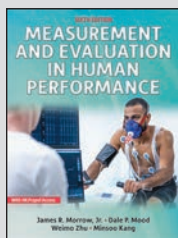
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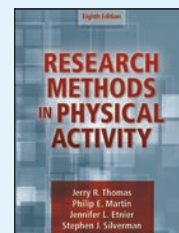
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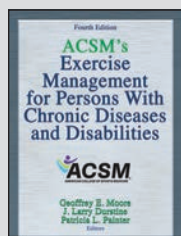
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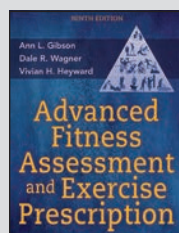
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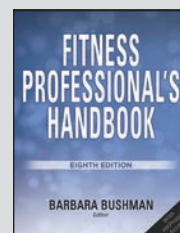
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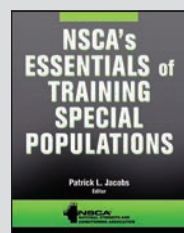
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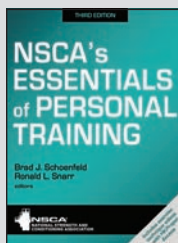
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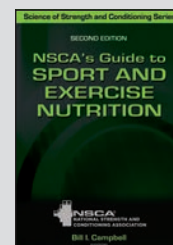
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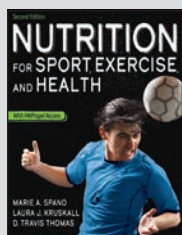
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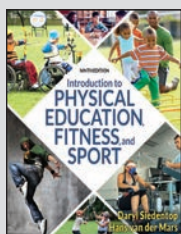
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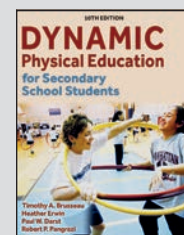
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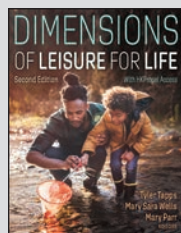
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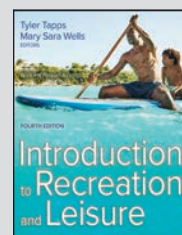
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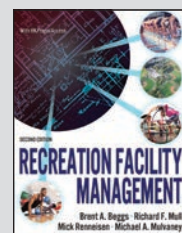
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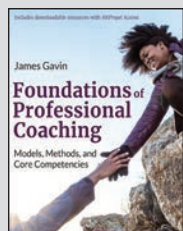
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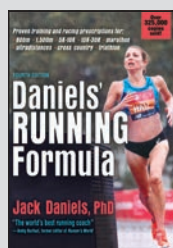
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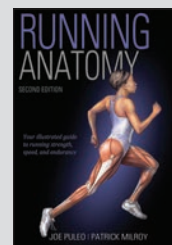
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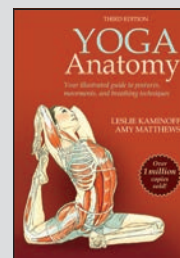
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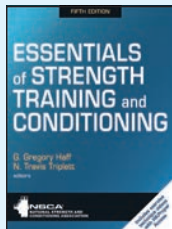
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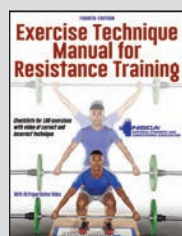
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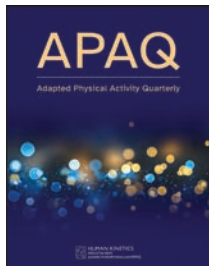
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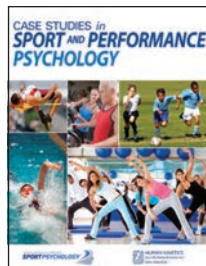


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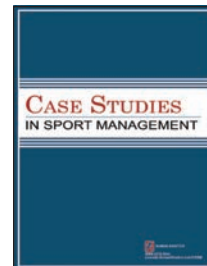


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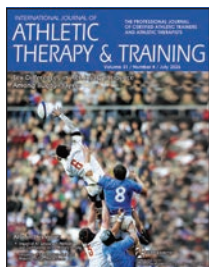


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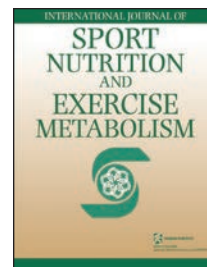


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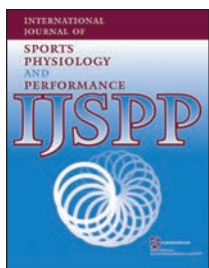


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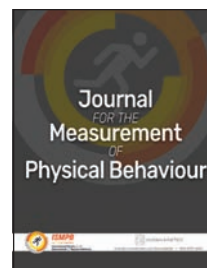
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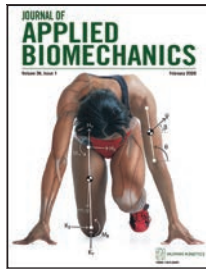


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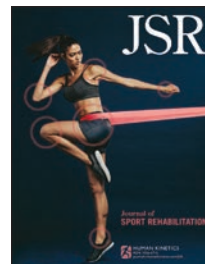
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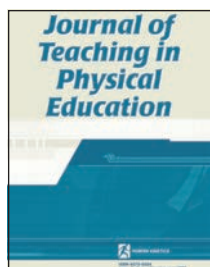
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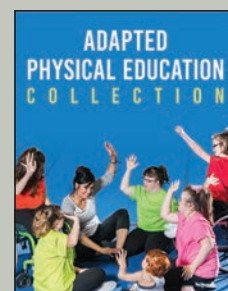
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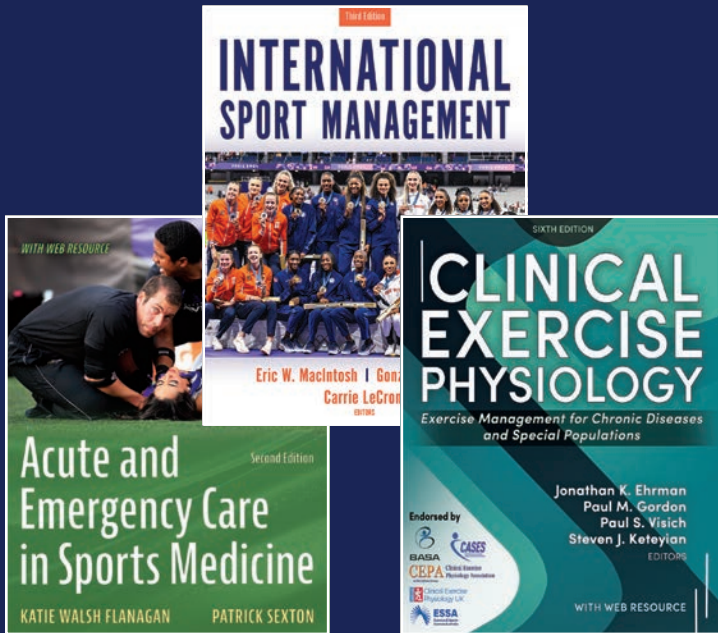
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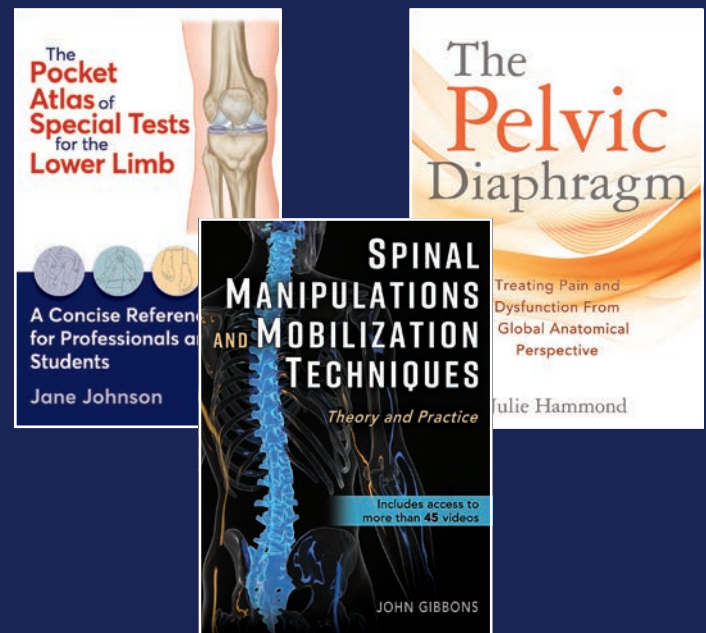
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