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Cross Game (Japanese: 交差対決, Hepburn: Kurosu GÅmu) is a baseball manga series by Mitsuru Adachi that was serialized by Shogakukan in Weekly Shōnen Sunday between May 11, 2005 (issue 22/23) and February 17, 2010 (issue 12). It is collected in 17 tankōbon volumes, with the final volume published in April 2010, shortly after the end of the anime series.

Cross Game - Wikipedia

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Power training for older adults - UMCE

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