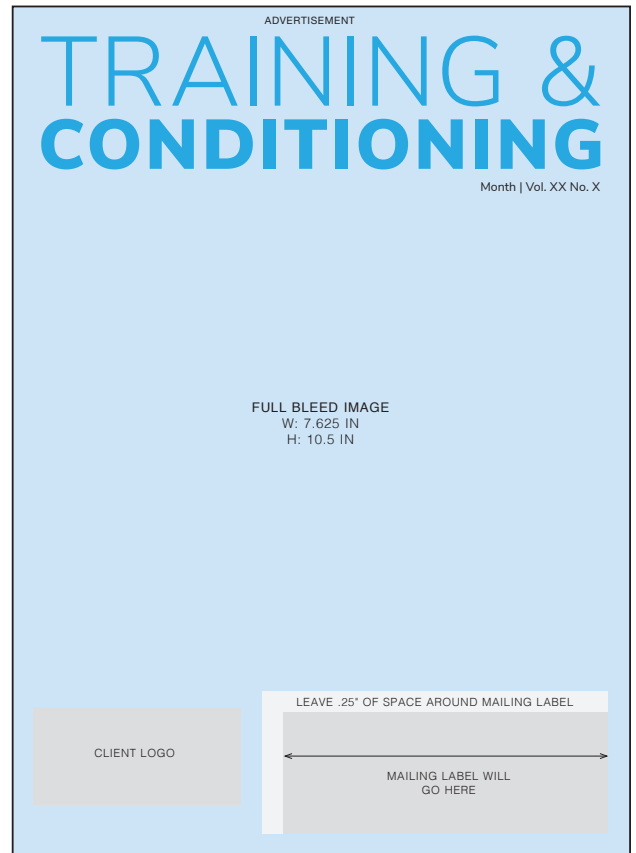


# FULL PAGE FALSE COVER SPECS

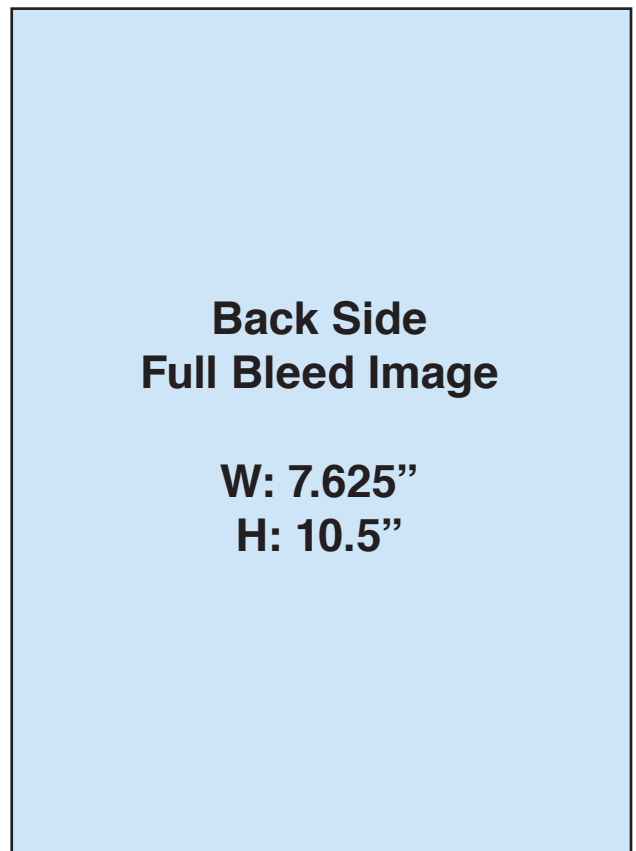
## FRONT SIDE

- Trim: W: 7.625" x H: 10.5"  
Bleed: W: 7.875" x H: 10.75"
- Choose one of the three color options to compliment your brand and artwork.
  - Option 1: **TRAINING & CONDITIONING**
  - Option 2: **TRAINING & CONDITIONING**
  - Option 3: **TRAINING & CONDITIONING**



## BACK SIDE

- Trim: W: 7.625" x H: 10.5"  
Bleed: W: 7.875" x H: 10.75"
- No requirements for artwork



Please download the full page false cover template at  
[https://training-conditioning.media/wp-content/uploads/2021/08/TC\\_FalseCoverTemplate\\_FullPage.zip](https://training-conditioning.media/wp-content/uploads/2021/08/TC_FalseCoverTemplate_FullPage.zip)

### Questions?

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or 616-520-2148