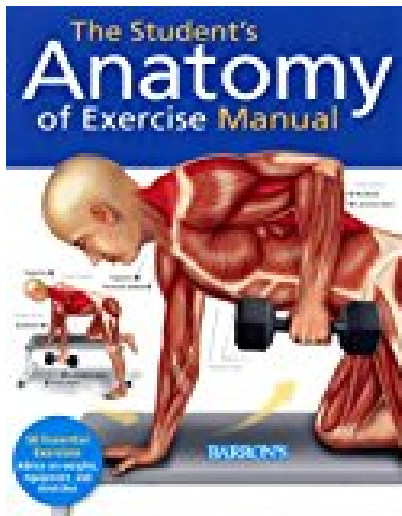


The Student's Anatomy of Exercise Manual 50 Essential Exercises Including Weights Stretches and Cardio



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