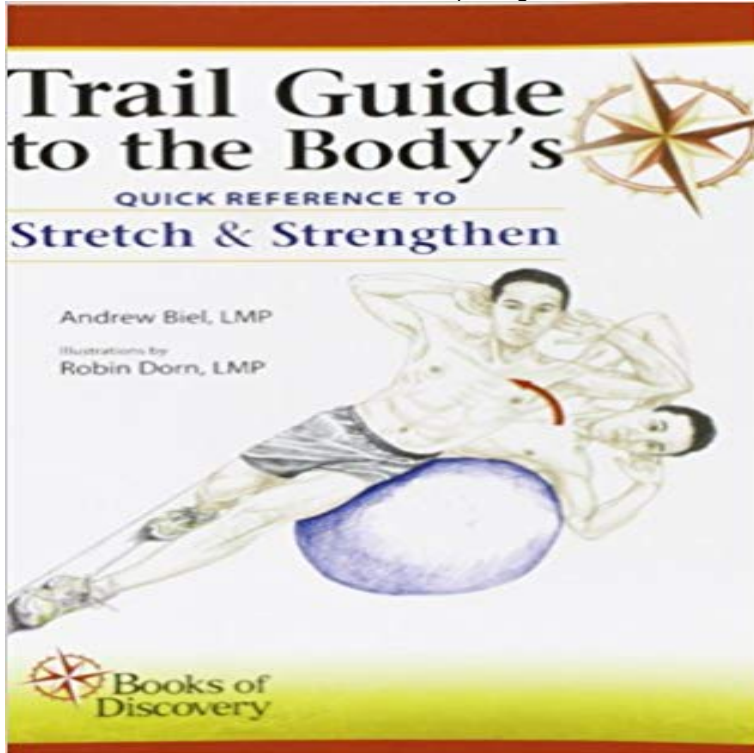


Trail Guide to the Bodys Quick Reference to Stretch and Strengthen



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