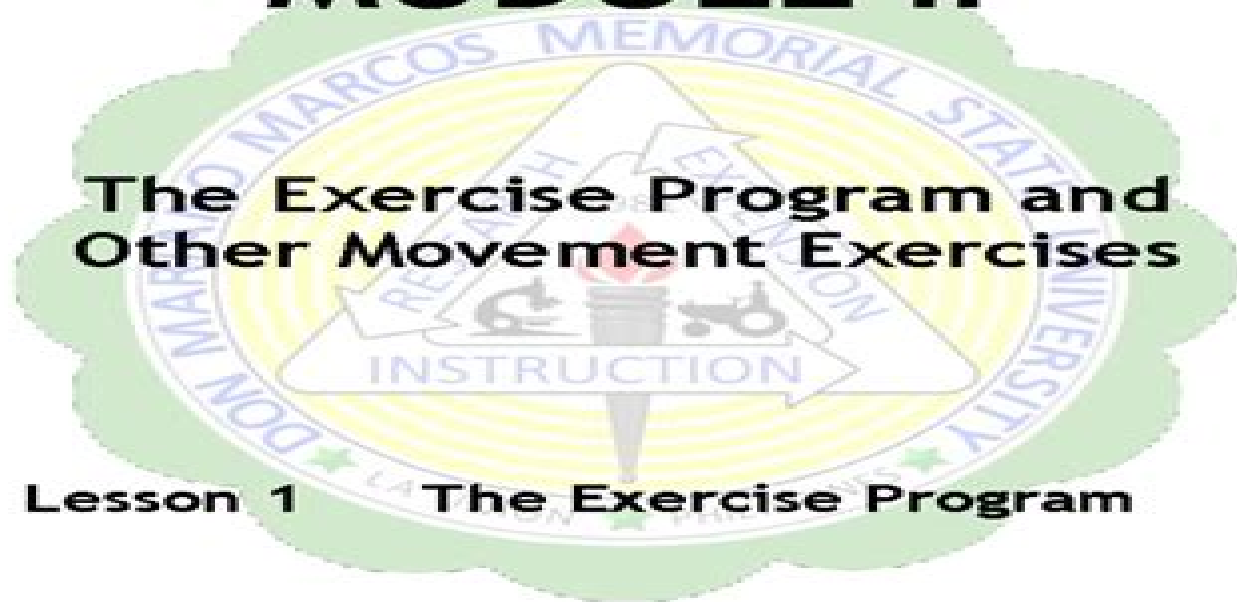


# **MODULE II**

## **The Exercise Program and Other Movement Exercises**

### **Lesson 1 The Exercise Program**



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