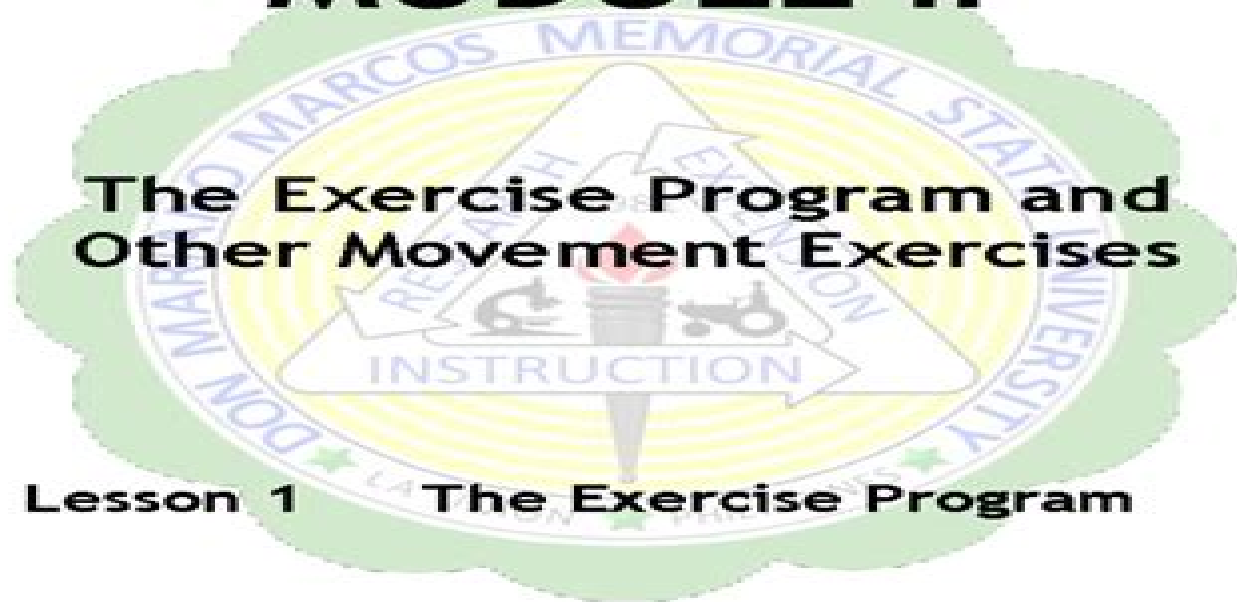


MODULE II

The Exercise Program and Other Movement Exercises

Lesson 1 The Exercise Program



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