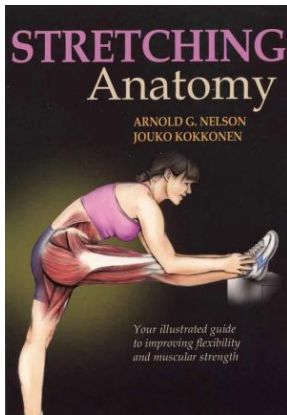


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STRETCHING ANATOMY : ILLUSTRATE GUIDE TO IMPROVING FLEXIBILITY & MUSCULAR STRENGTH



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