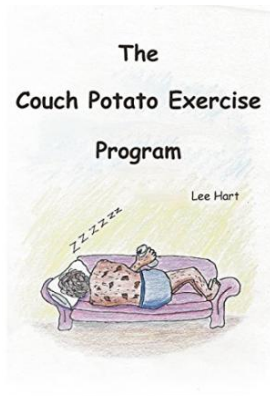


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### Read PDF The Couch Potato Exercise Program

- Authored by Lee Hart
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