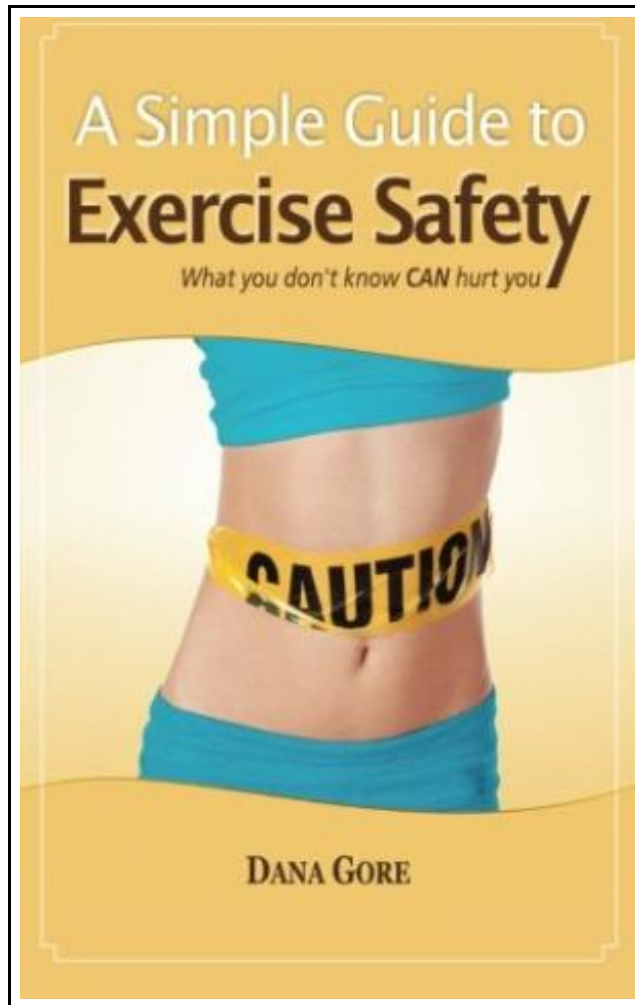


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A SIMPLE GUIDE TO EXERCISE SAFETY: WHAT YOU DON T KNOW CAN HURT YOU



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