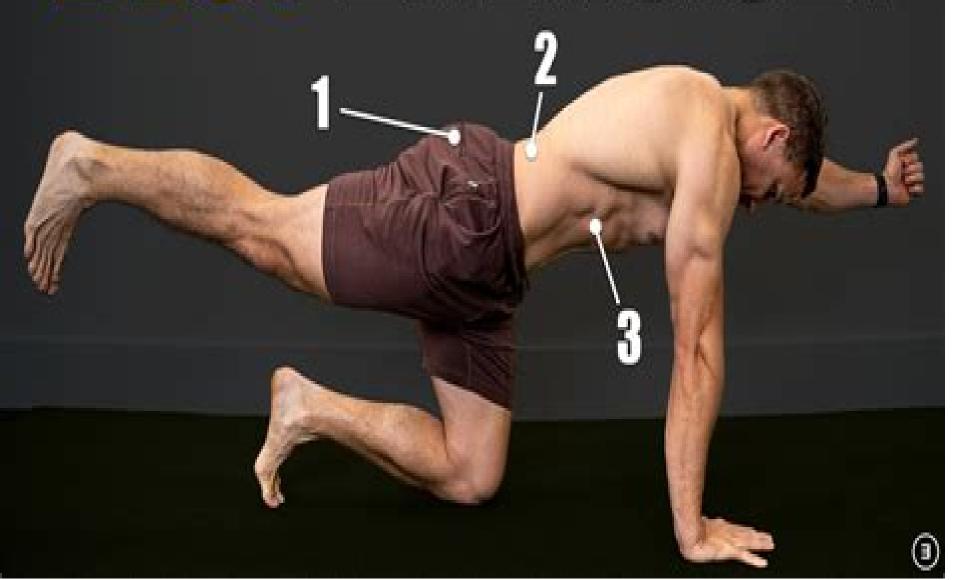
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Abdominal Training Enhancing Core Stability

RD Boyd

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