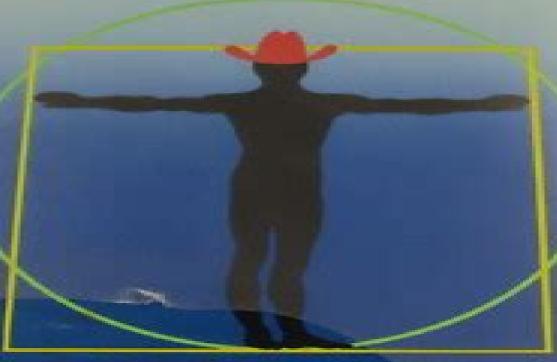
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A complete set of 14 exercises to relax
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