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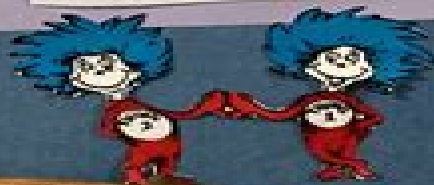
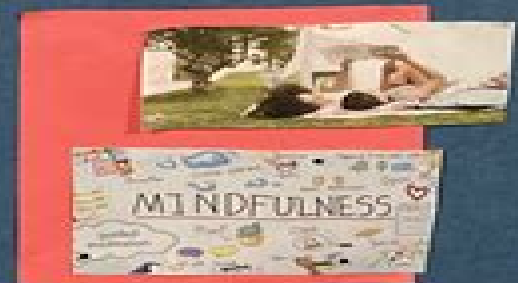
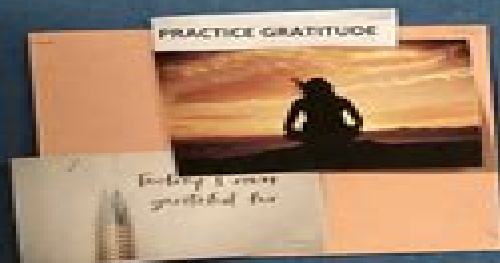
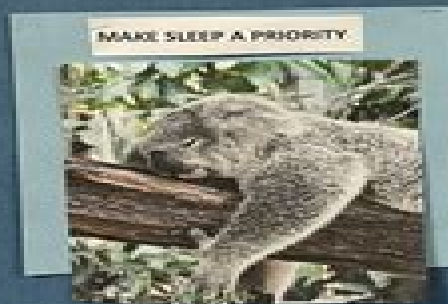
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Lunges

Sit-ups

EARLY EXERCISE



Ideas Mental Health

Marco Cascella



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