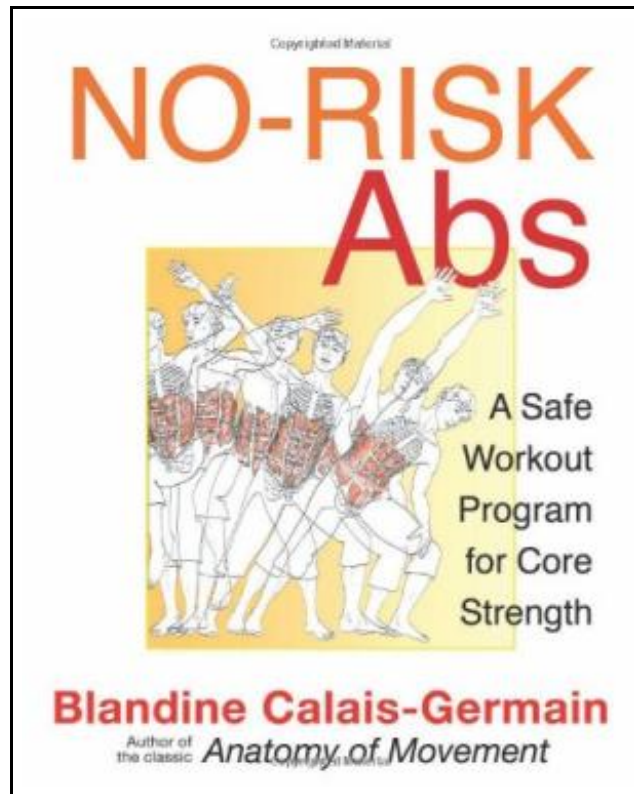


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NO-RISK ABS: A SAFE WORKOUT PROGRAM FOR CORE STRENGTH



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