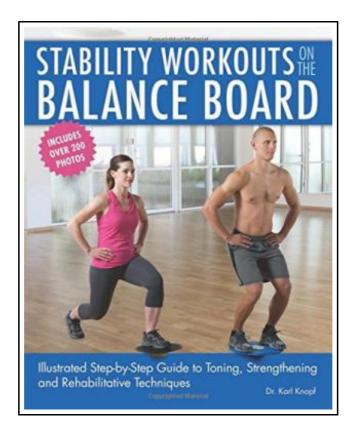
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STABILITY WORKOUTS ON THE BALANCE BOARD: ILLUSTRATED STEP-BY-STEP GUIDE TO TONING, STRENGTHENING AND REHABILITATIVE TECHNIQUES



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