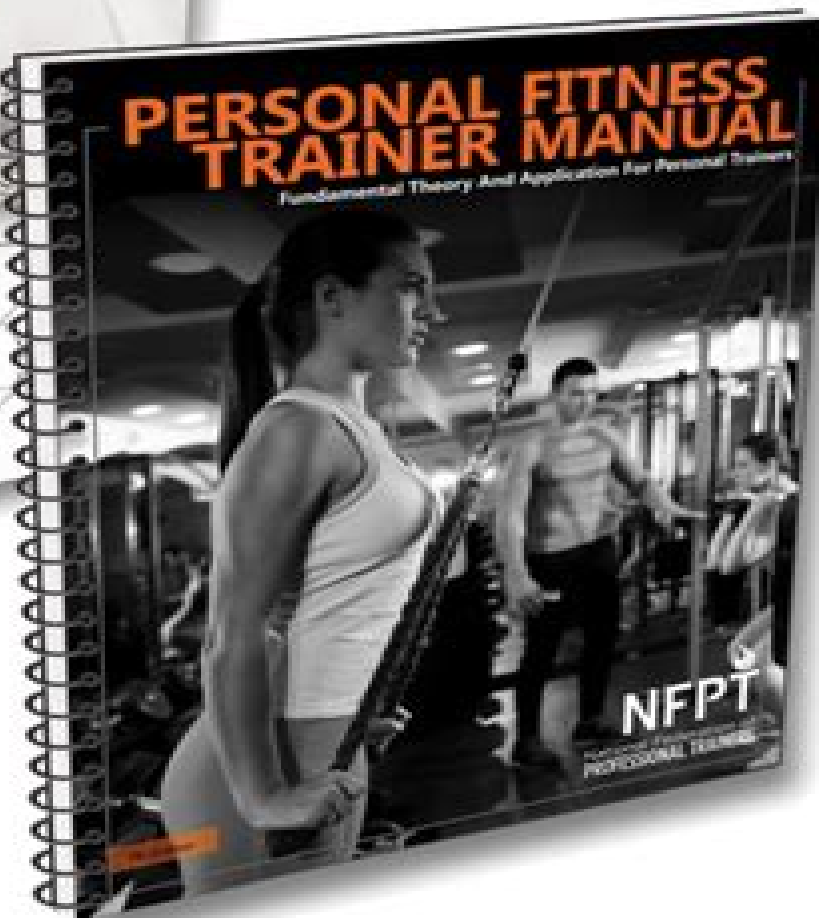
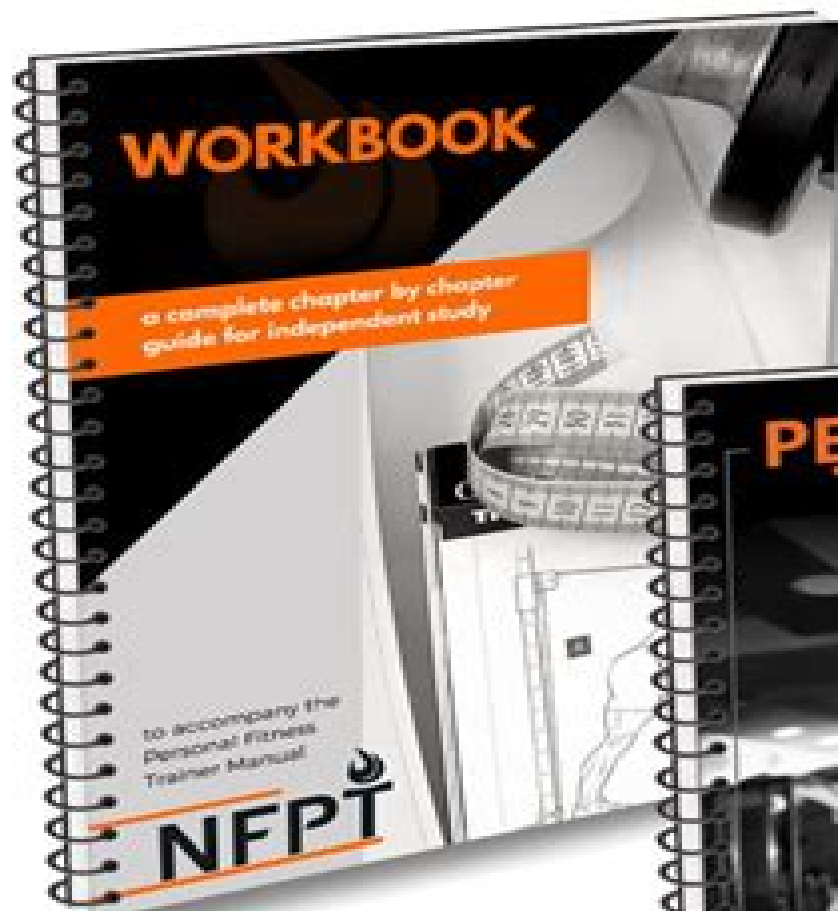




# Personal Trainer Manual

**Zhe Xu**

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