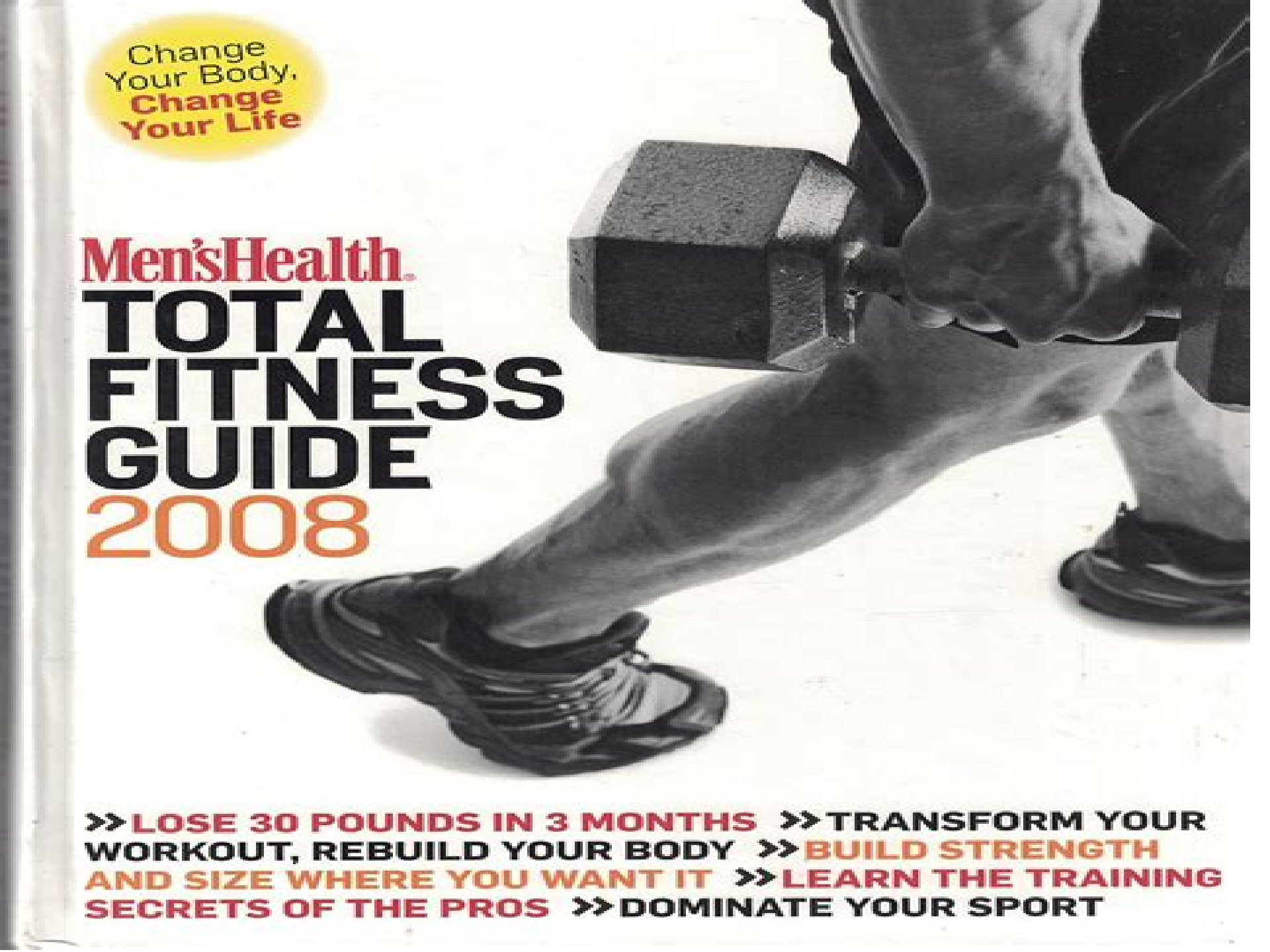




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# Rodale Total Fitness Guide 2008

**Michael S. Sweeney, Cynthia R. Green**



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