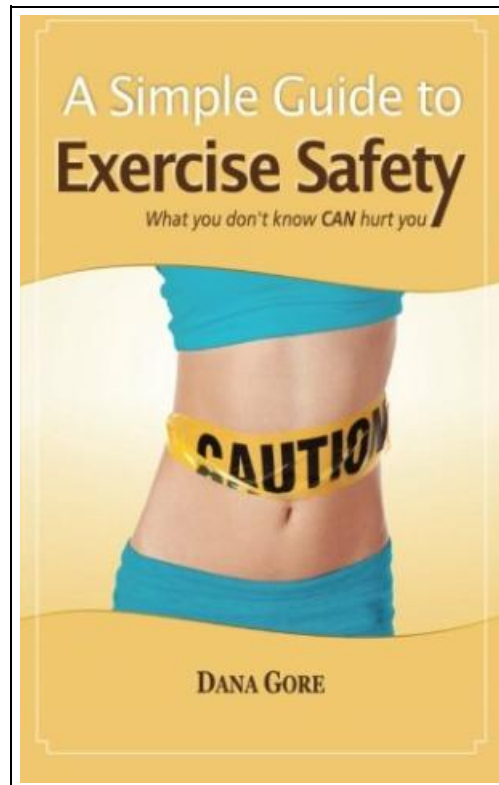


## A Simple Guide to Exercise Safety: What You Don t Know Can Hurt You



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