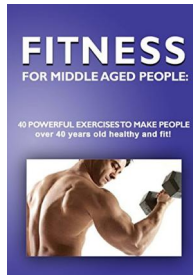


## Fitness for Middle Aged People: 40 Powerful Exercises to Make People Over 40 Years Old Healthy and Fit



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