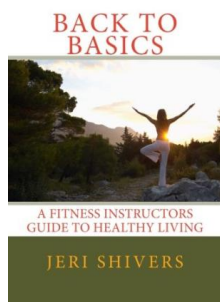


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## BACK TO BASICS: A FITNESS INSTRUCTORS GUIDE TO HEALTHY LIVING



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