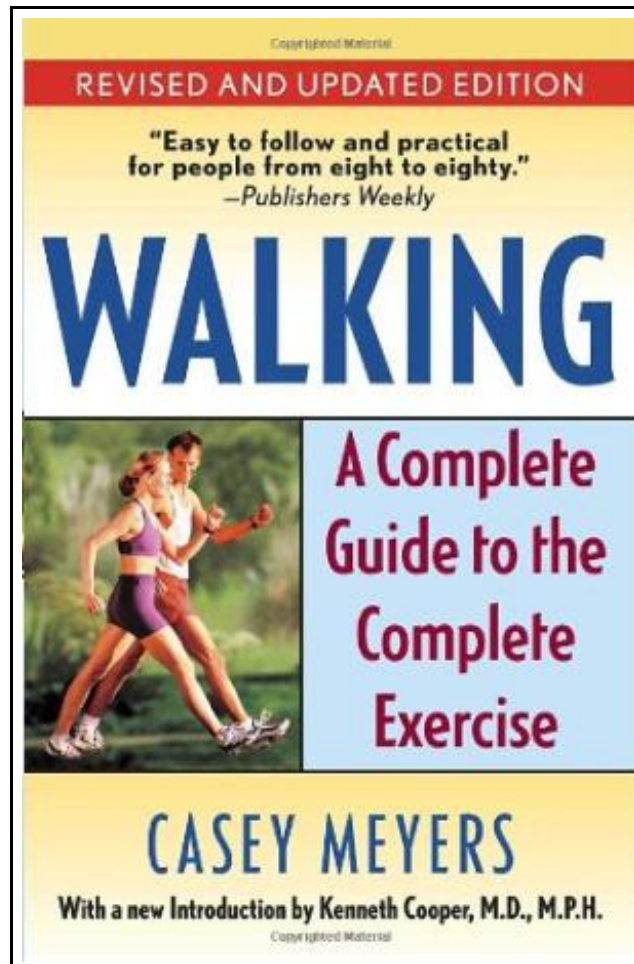


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WALKING: A COMPLETE GUIDE TO THE COMPLETE EXERCISE

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