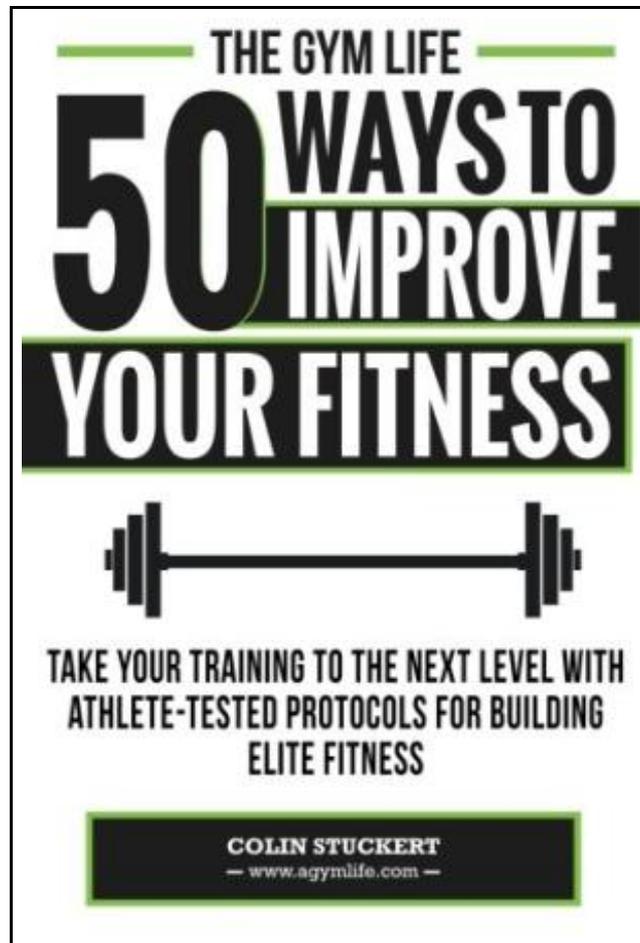


## 50 Ways to Improve Your Fitness



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## 50 WAYS TO IMPROVE YOUR FITNESS



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