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Physical Fitness

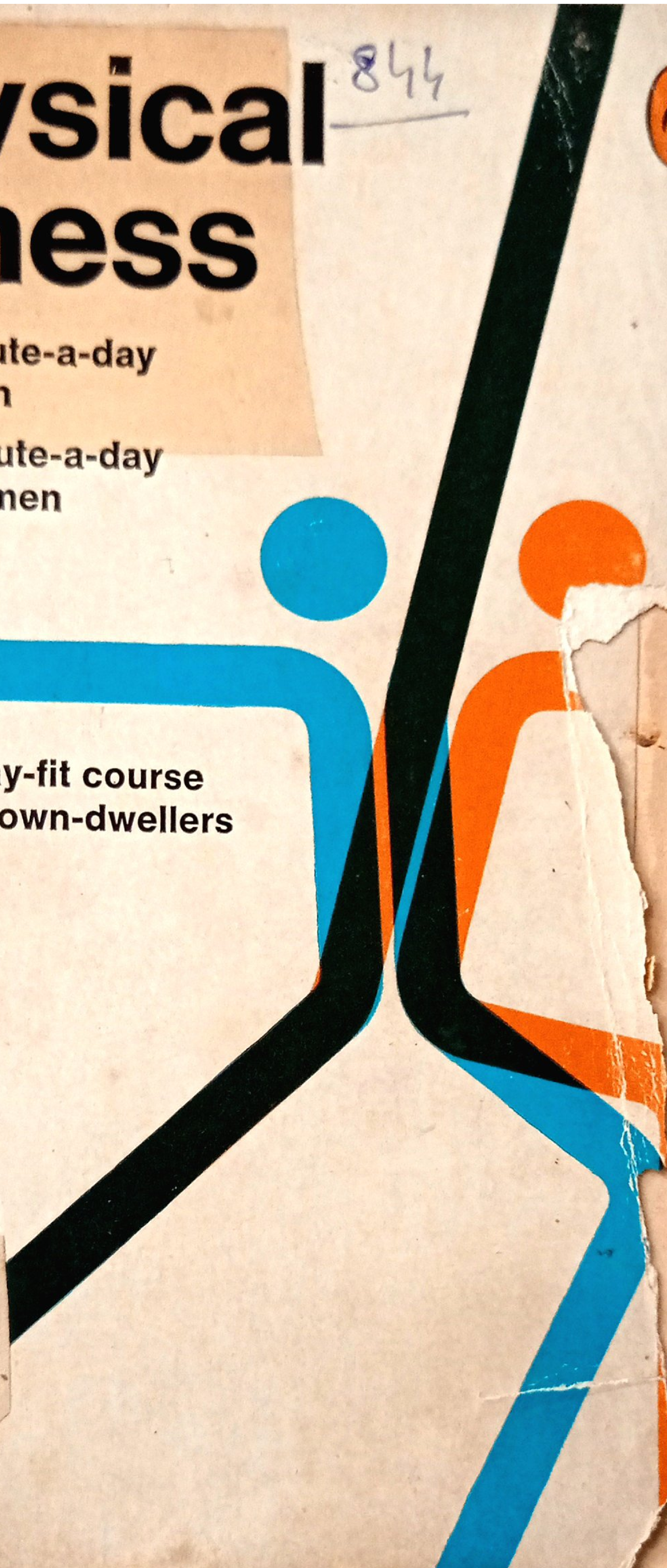
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5BX 11-minute-a-day
plan for men

XBX 12-minute-a-day
plan for women

A get-fit, stay-fit course
for today's town-dwellers



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