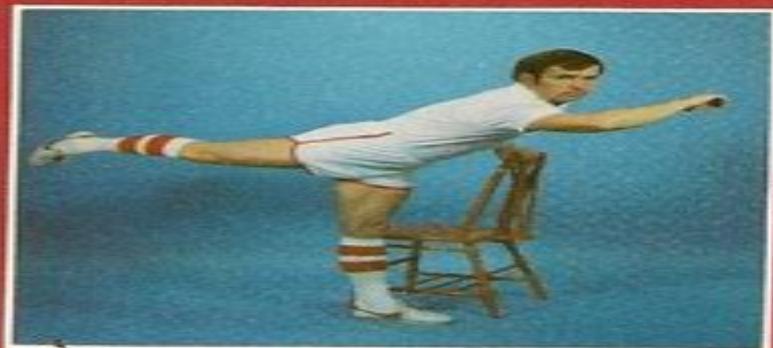
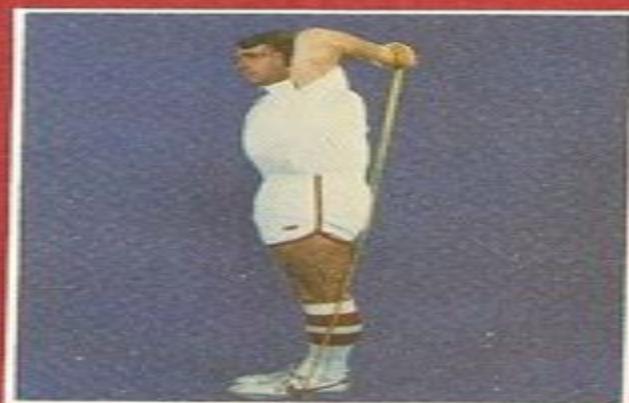


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# Ten Minute Total Shape Up Program

**Robert R. Redfield**



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