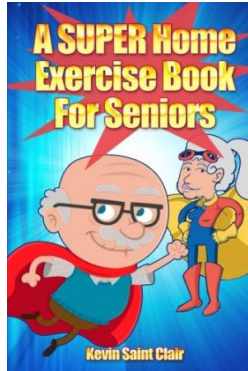


## A Super Home Exercise Book for Seniors: A Home Exercise Routine That Really Packs a Punch



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