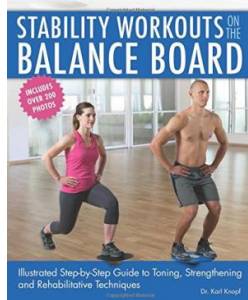


## Stability Workouts on the Balance Board: Illustrated Step-by-Step Guide to Toning, Strengthening and Rehabilitative Techniques



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