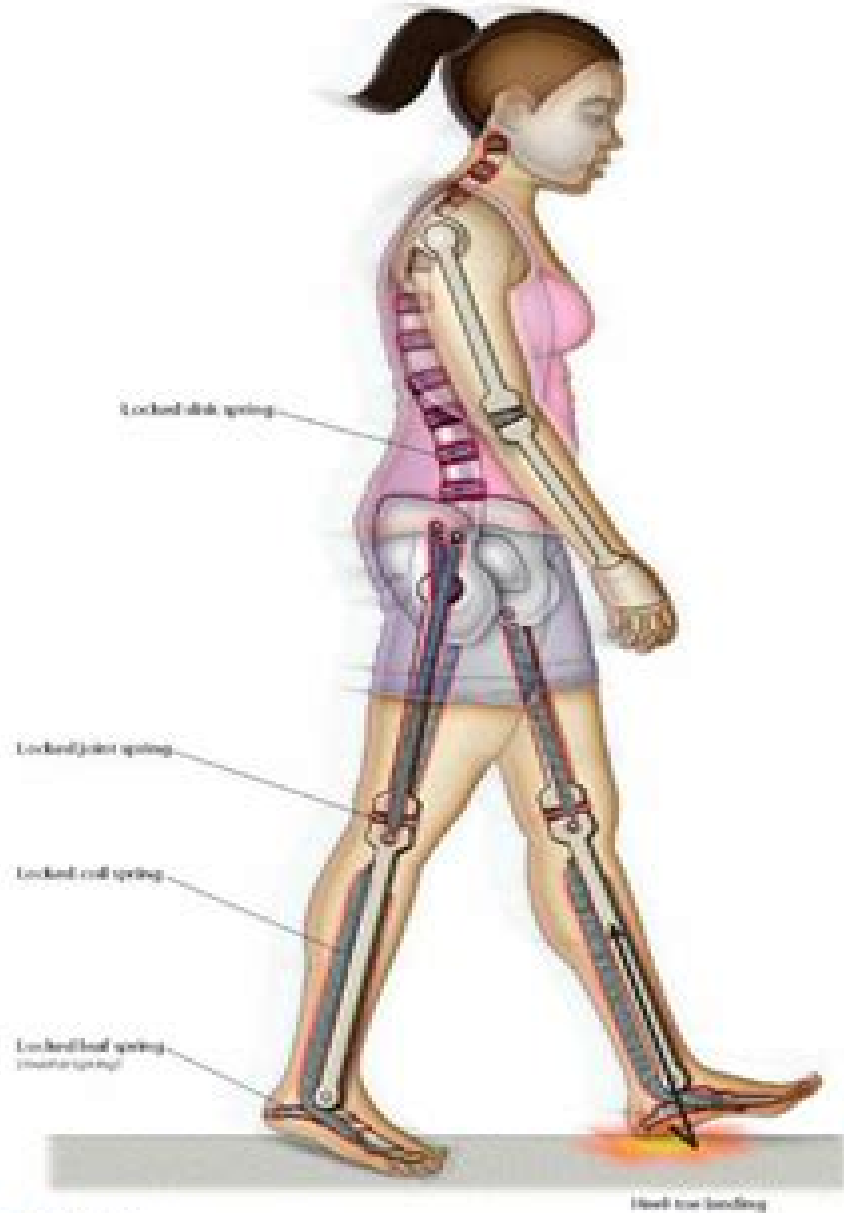
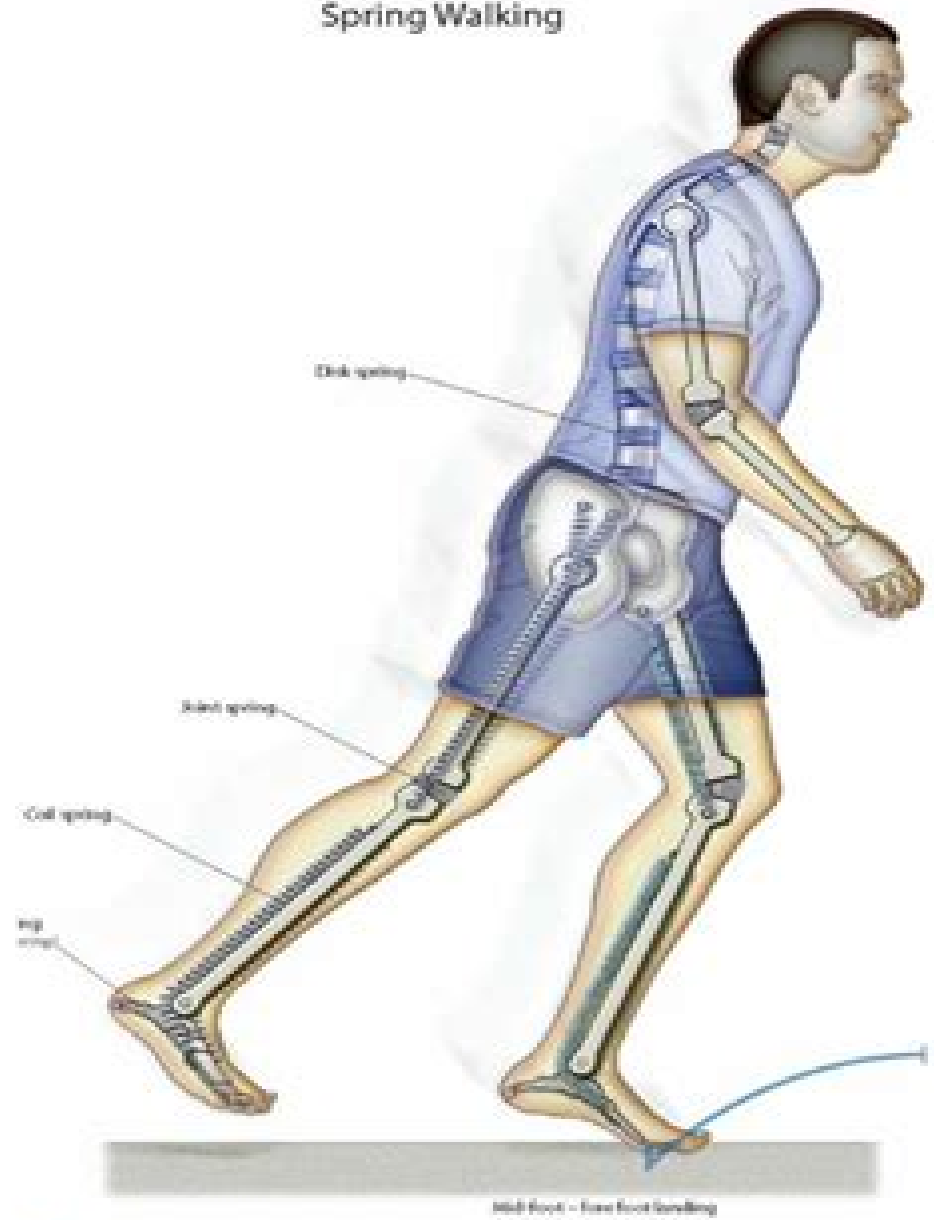


## Locked Spring Walking



## Spring Walking



# Efficiency Walking And Jogging

**VM Jensen**

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