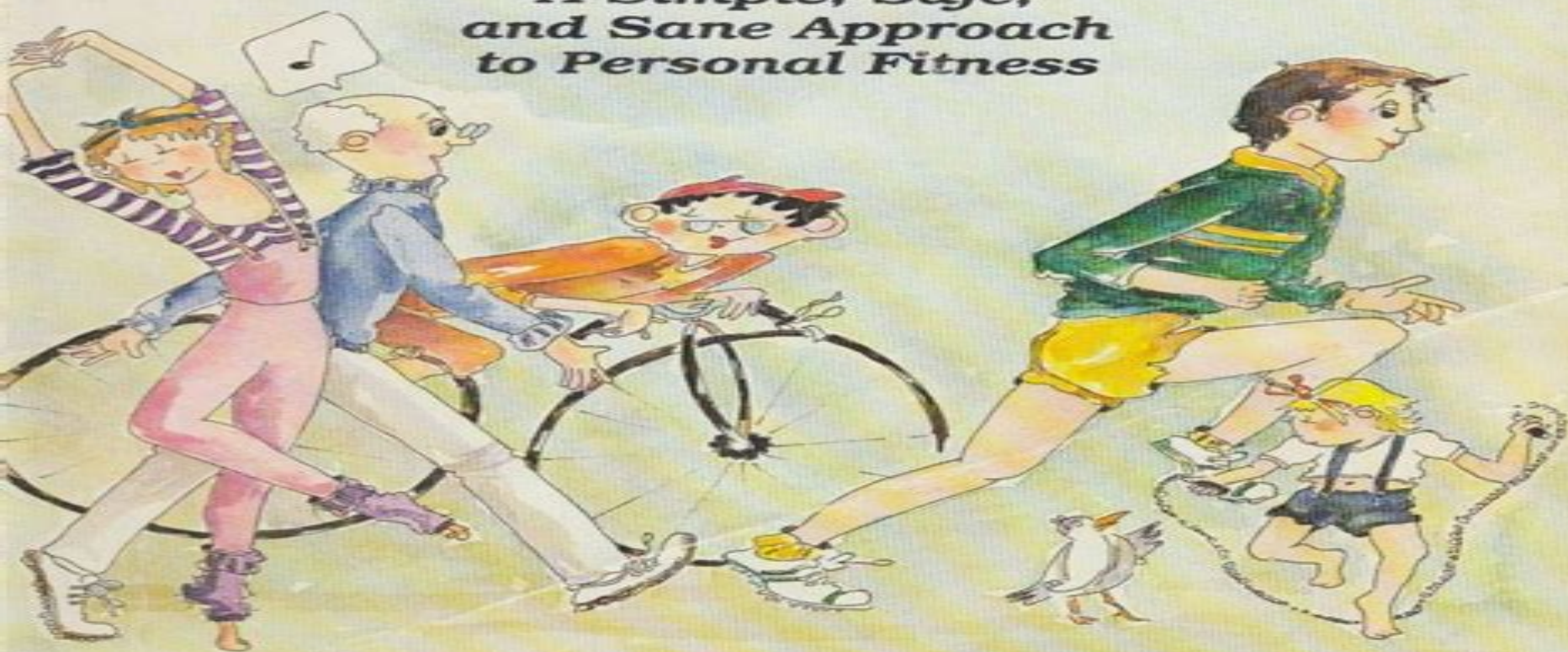


EVERY BODY'S FITNESS BOOK

*A Simple, Safe,
and Sane Approach
to Personal Fitness*



Gordon W. Stewart, M.Sc.

Everybody's Fitness A Simple Safe And Sane Approach To Personal Fitness A Dolphin

Y Pai



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