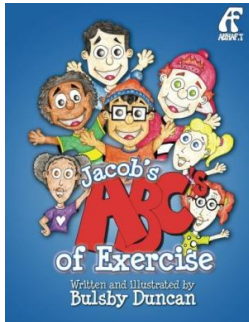


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## JACOB'S ABC'S OF EXERCISE



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