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2 how to use this book 1. it is recommended that the exercises be taught by a physiotherapist. 2. not every exercise is needed. 3. you will need to do only the ...

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an exercise book or composition book is a notebook that is used in schools to copy down schoolwork and notes. a student will usually have a different exercise book ...

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exercise is one of the most important things you can do for your health. the key is to find the right exercise for you. get the facts about fitness.

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Fri, 28 Apr 2017 19:52:00 GMT

physical fitness scheme for most of us is participation in one or two sports supplemented by a balanced set of exercises. the 5bx pro-

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exercise. physical therapy nearly always involves exercise of some kind that is specifically designed for your injury, illness, condition, or to help prevent future ...

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