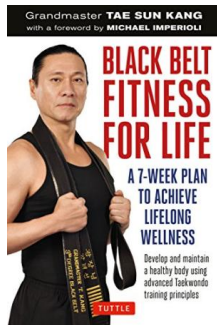


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# BLACK BELT FITNESS FOR LIFE: A 7-WEEK PLAN TO ACHIEVE LIFELONG WELLNESS



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