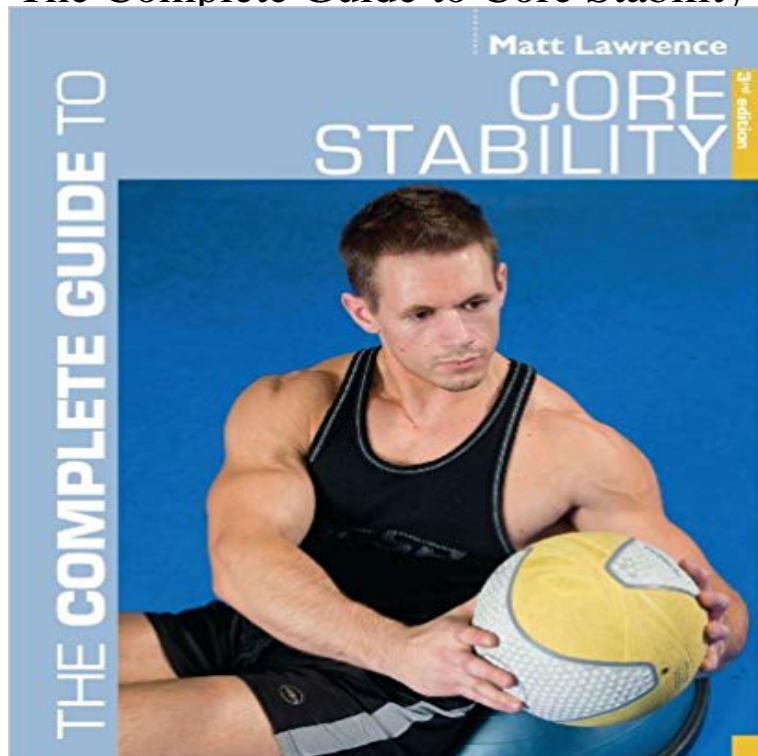


## The Complete Guide to Core Stability (Complete Guides)



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