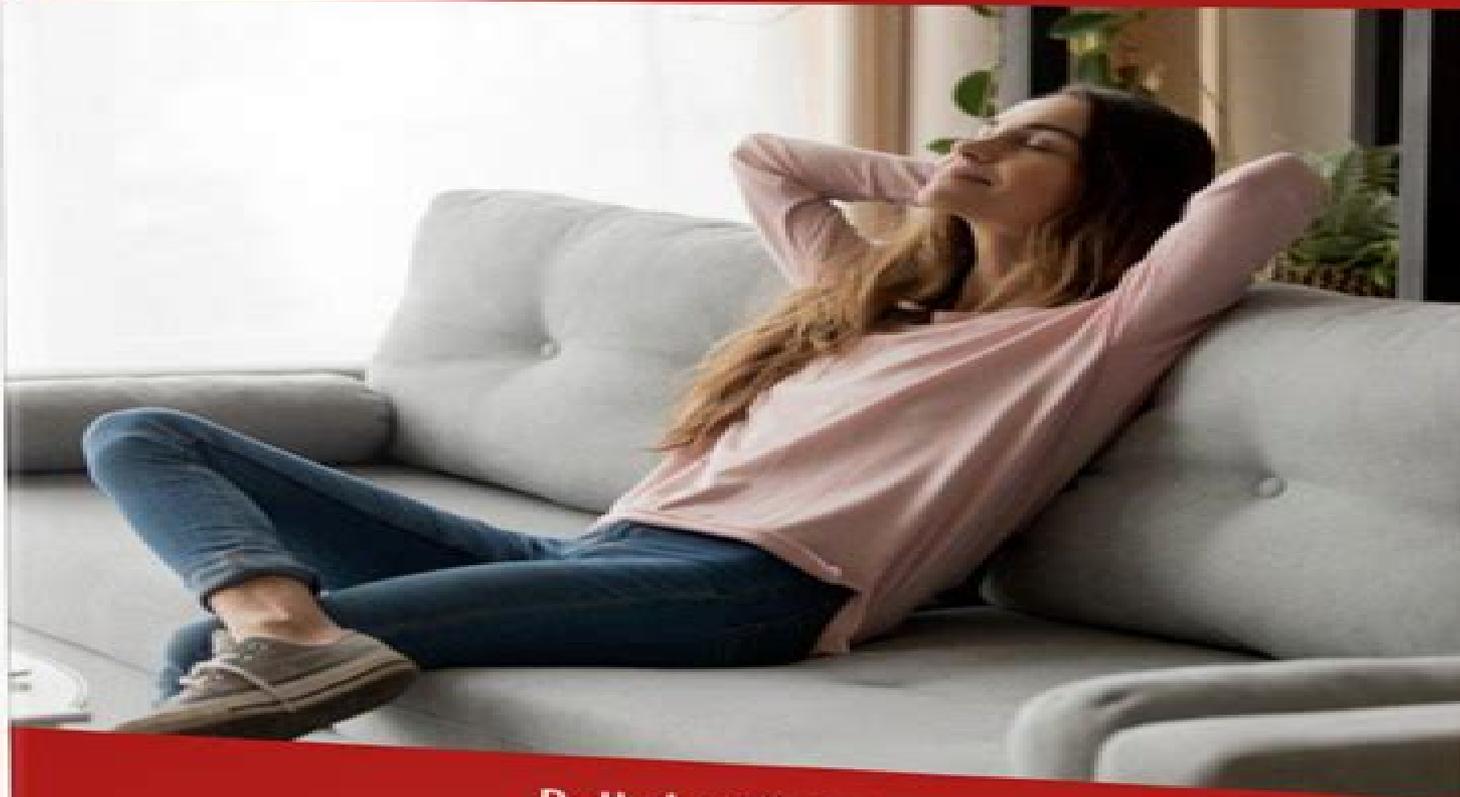


# Effortless 🔄 Exercise



Dr. Harlan Kilstein

# Effortless Exercise

**Louis Gifford**



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