

## BASICS

**Large & Overweight**








**Small**








## STRENGTH

**Small**








**Small**








**Small**







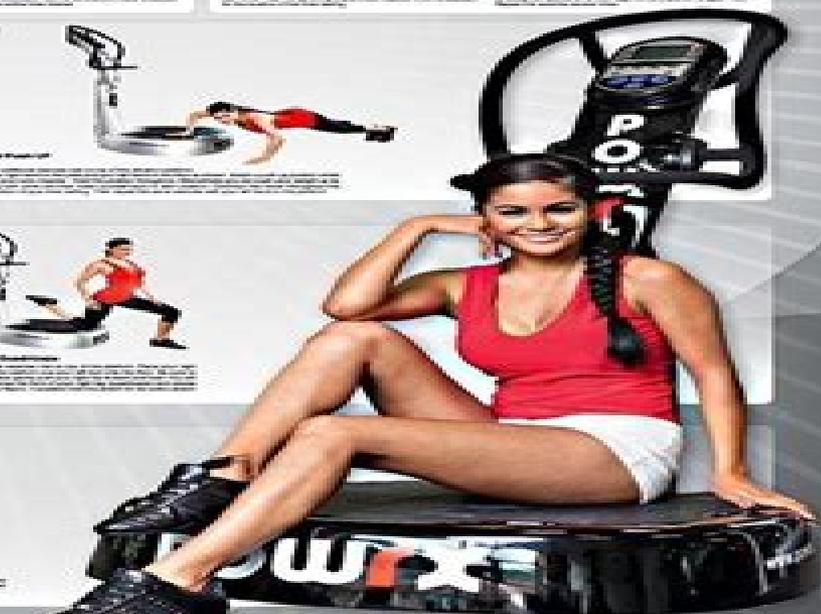

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## MASSAGE



# Power Plate Exercises Manual

**J Dewey**



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