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**Large & Compact**

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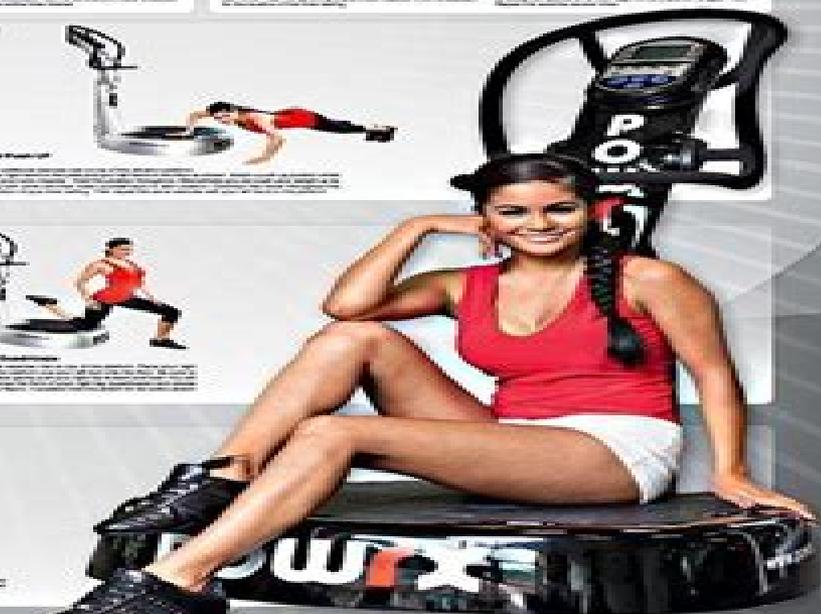
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# Power Plate Exercises Manual

**Joseph E. Muscolino**



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