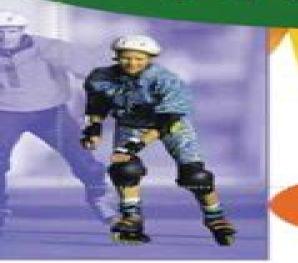


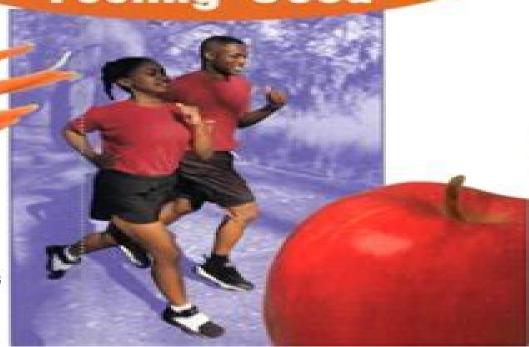
# PERSONAL



Looking Good Feeling Good

FOURTH EDITION

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## **Personal Fitness Looking Good Feeling Good Activity**

**Yi-Tong Ma** 

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