

A collage of people with various physical challenges performing exercises. At the top, a man in a red shirt and striped shorts has a child on his shoulders, both with arms raised. To the left, a group of children are in various poses, some in wheelchairs. To the right, a child in a wheelchair and another with crutches are shown. Below the title, a man with crutches is on the left, and a woman with arms outstretched is on the right. In the center, a man in a white shirt and blue pants is holding a child who is hanging from a horizontal bar. At the bottom, a woman is on the left and a man in a wheelchair with arms outstretched is on the right.

RICHARD SIMMONS

REACH FOR FITNESS

A SPECIAL BOOK
OF EXERCISES FOR
THE PHYSICALLY
CHALLENGED

Foreword by

Sylvester Stallone

Reach For Fitness A Special Of Exercises For The Physically Challenged

Peipei Pang



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