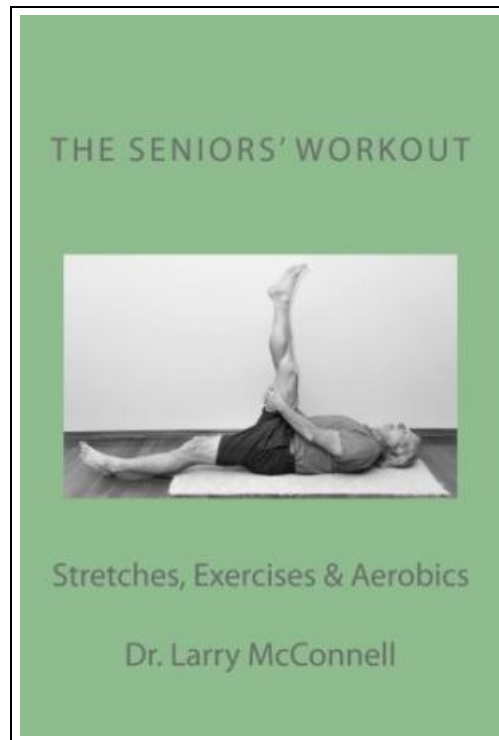


## The Seniors Workout: Stretches, Exercises Aerobics



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## THE SENIORS WORKOUT: STRETCHES, EXERCISES AEROBICS

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