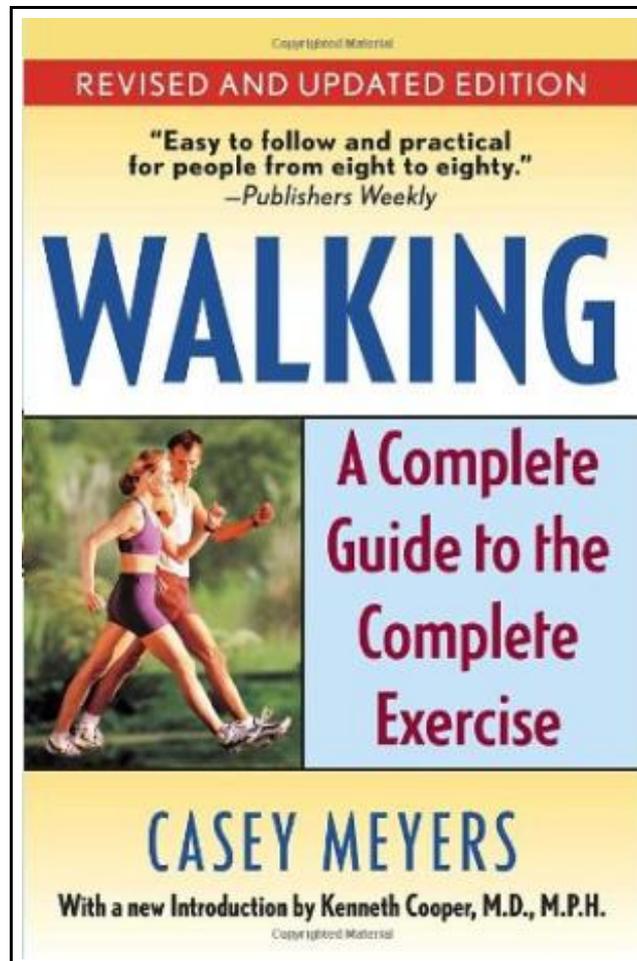


## Walking: A Complete Guide to the Complete Exercise



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