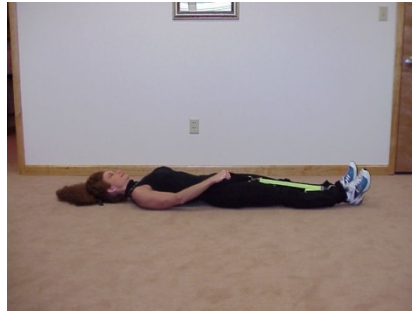


# Dura-Band Fitness and Flexibility Resistance Drills and Strengthening Program

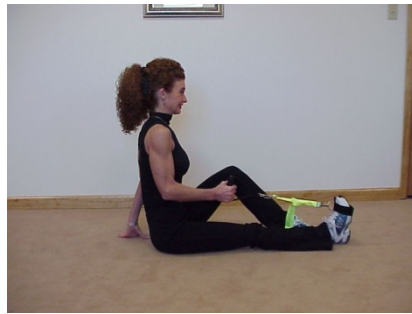
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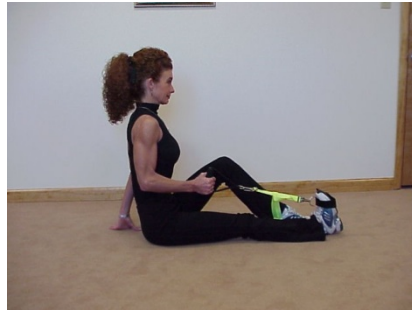
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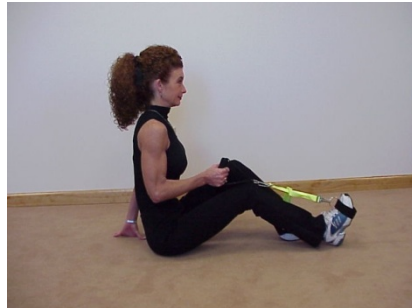
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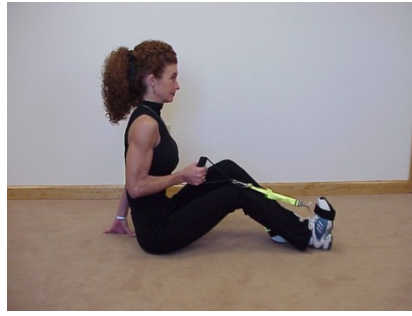


5



# Dura-Band Fitness and Flexibility Resistance Drills and Strengthening Program

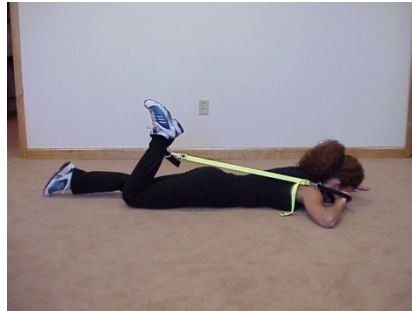
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7



8



9

