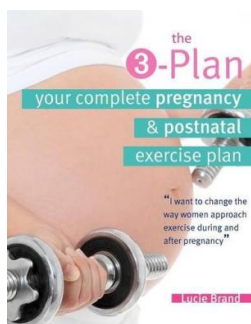


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THE 3-PLAN YOUR COMPLETE PREGNANCY AND POSTNATAL EXERCISE PLAN



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